concept 2®

PERFORMANCE MONITOR USE

IMPORTANT NOTE:

For additional information about Concept2, register to receive product updates or link to warranty details, please visit:

concept2.com/registration

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CE

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0115

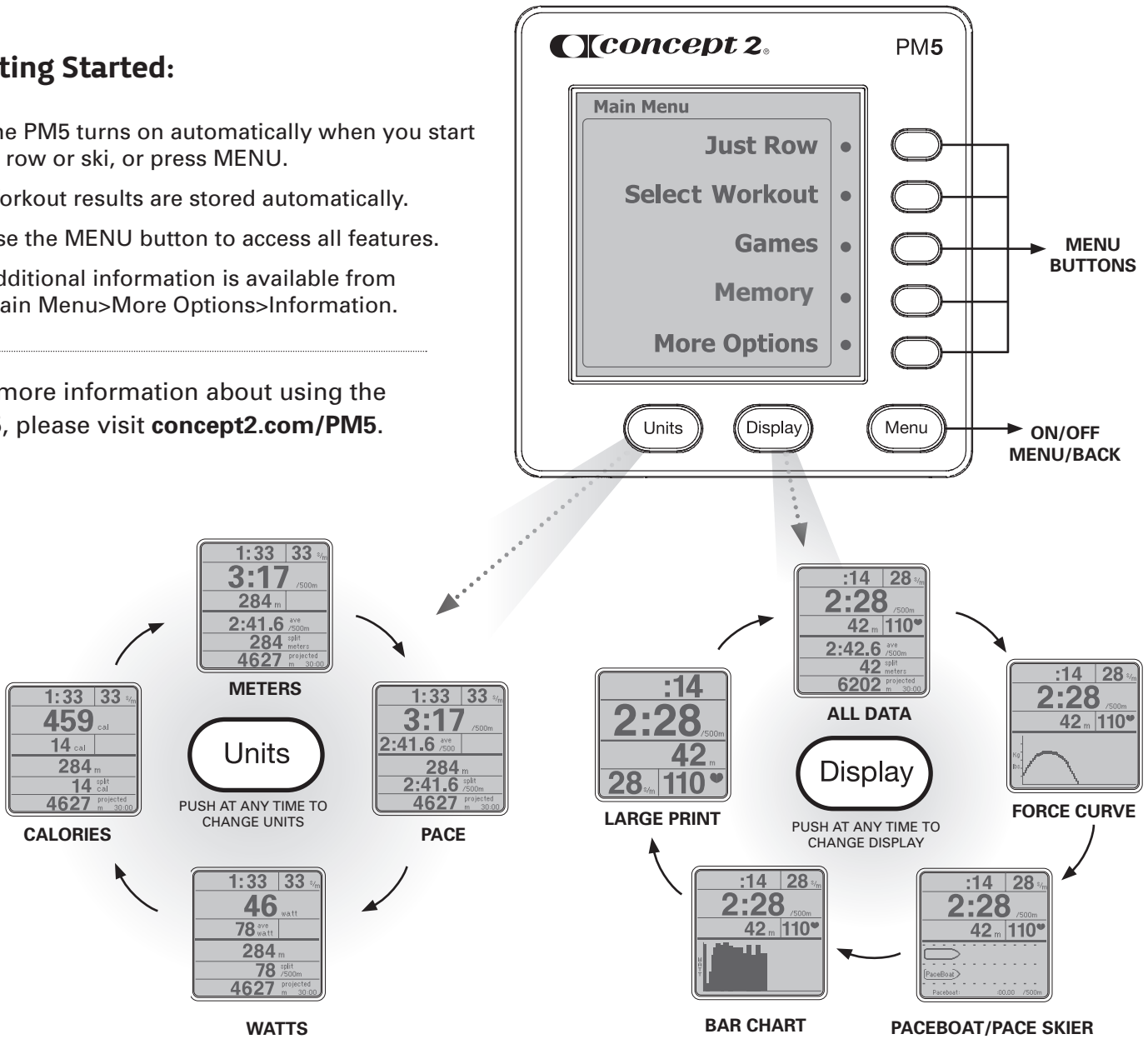
EN OVERVIEW OF THE PERFORMANCE MONITOR (PM5)

For Model D, Model E and Dynamic Indoor Rowers, and the SkiErg.

Getting Started:

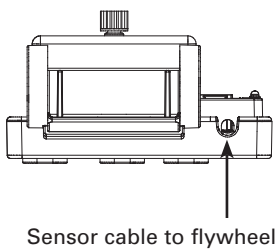
- The PM5 turns on automatically when you start to row or ski, or press MENU.
- Workout results are stored automatically.
- Use the MENU button to access all features.
- Additional information is available from Main Menu>More Options>Information.

For more information about using the PM5, please visit **concept2.com/PM5**.

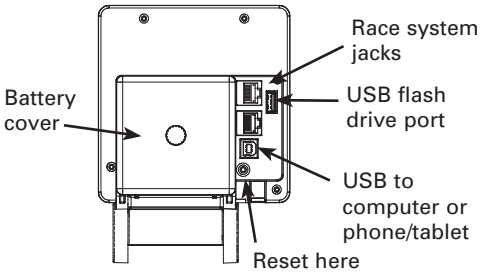


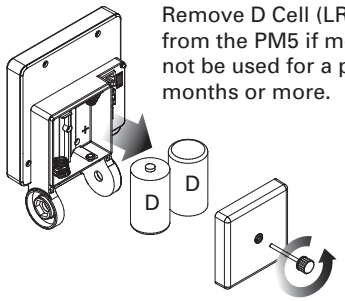
PM5 Views

Bottom View of PM5



Back View of PM5

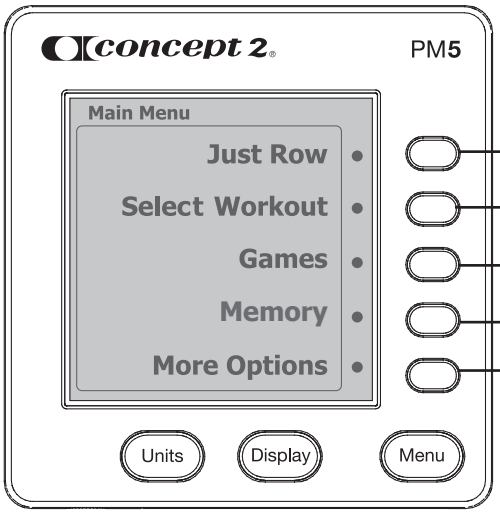




Remove D Cell (LR20) batteries from the PM5 if monitor will not be used for a period of four months or more.

PM5 Menu Map (Visit **concept2.com/PM5** for more information)

EN



Just Row/Just Ski

Automatic operation! No need to push buttons. Your first stroke will turn on the PM5. Your results will automatically be saved in **Memory** if you row longer than 1 minute and then press **Menu**.

Select Workout

- **Standard List** gives you five pre-set workouts.
- **Custom List** holds five workouts, which can be copied from your USB flash drive to Custom List.
- **ReRow/ReSki** allows you to row or ski against a previous workout.
- **New Workout** lets you set up a new workout in your choice of format: single distance, single time, distance intervals, time intervals, variable intervals and undefined rest intervals.
- **Favorites** displays five workouts per USB flash drive (if USB flash drive is in use).

Games

Fish Game, Darts, Target Training, Racing, Biathlon

Memory OR USB Logbook (if USB flash drive is in use)

If no USB flash drive is in use, **Memory** lists your most recent workout results by type, date and summary; oldest are automatically deleted.

USB Logbook (FAT or FAT32 USB flash drive formats only) stores approximately 1000 workouts, your five Favorite workouts, and preferences. You can view Summary, Monthly Totals, List by Date, List by Type, USB Logbook Utilities.

More Options

- **Display Drag Factor**
- **Connect Heart Rate**
- **Turn Wireless On**
- **Information**
  - **Overview**
  - **PM5 Details:** Information about buttons, basic data, graphic displays, workouts, USB flash drive.
  - **How to Row/Ski:** Includes a brief technique lesson with technique animation.
  - **Drag Factor:** Explains how to adjust drag factor.
  - **More:** Games, Racing, Battery, Wireless, Heart Rate.
- **Utilities:** Set Date and Time, Set Language, Adjust Display, Battery (% remaining), Product ID.

More Information

Using a Heart Rate Monitor:

⚠WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

The PM5 will receive and display heart rate data directly from a Bluetooth Smart, Suunto™, Garmin® or ANT+™ HR chest belt. See **More Options** for set up.

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or leave in the rain.

Formulas Used

Watts = $2.80/(sec/meter)^3$

Calories/Hour = Kcal/hr = (watts) x (4) x (0.8604) + 300

Troubleshooting

Visit concept2.com/pm5.

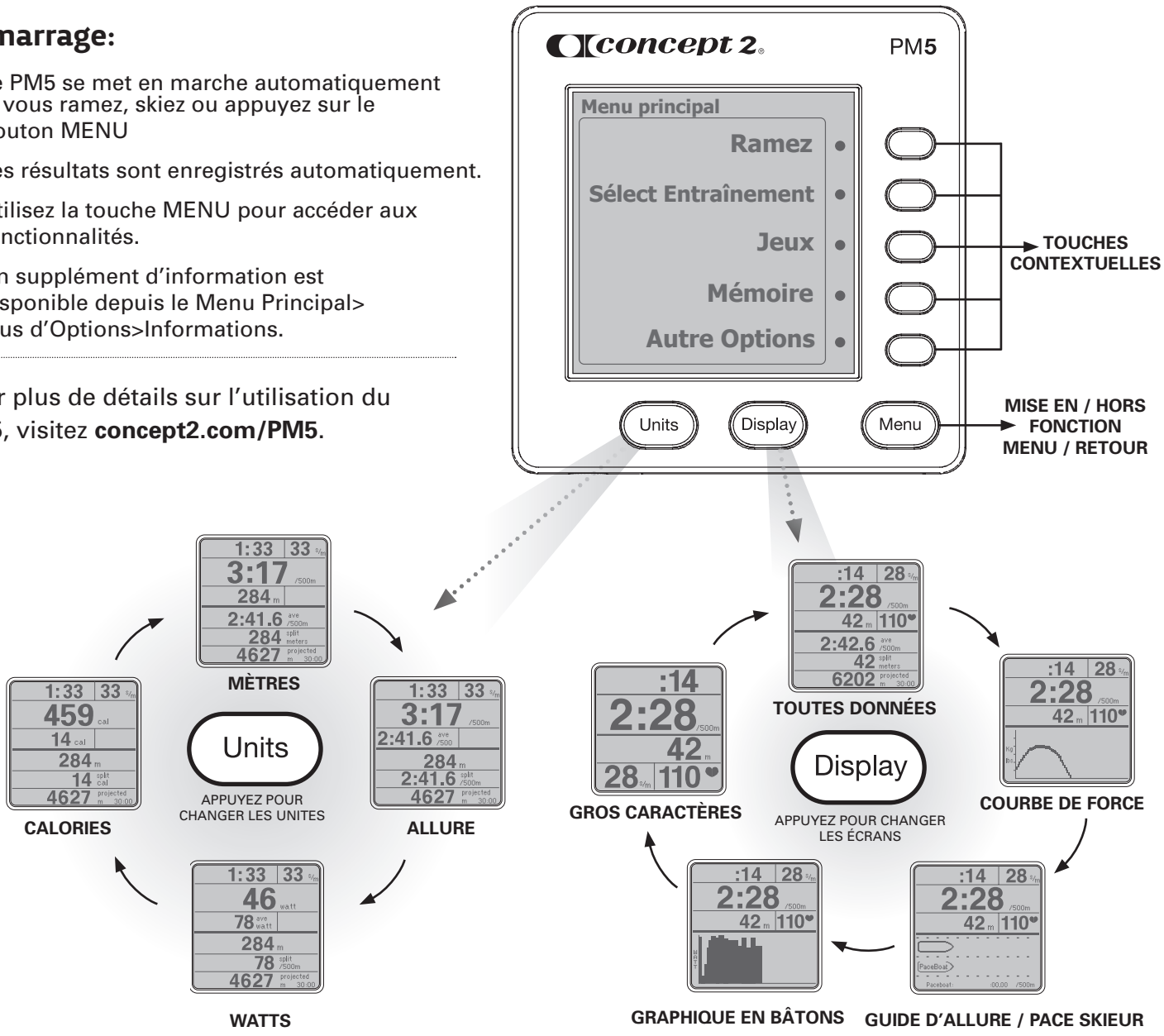
FR GÉNÉRALITÉS DE L'ÉCRAN DE PERFORMANCE (PM5)

Pour le modèle D, E, les rameurs dynamiques, et le SkiErg.

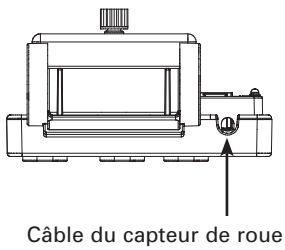
Démarrage:

- Le PM5 se met en marche automatiquement si vous ramez, skiez ou appuyez sur le bouton MENU
- Les résultats sont enregistrés automatiquement.
- Utilisez la touche MENU pour accéder aux fonctionnalités.
- Un supplément d'information est disponible depuis le Menu Principal> Plus d'Options>Informations.

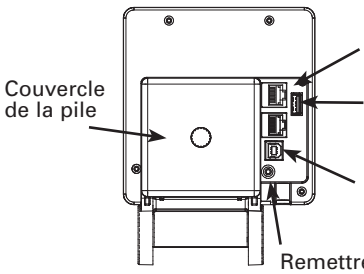
Pour plus de détails sur l'utilisation du PM5, visitez **concept2.com/PM5**.

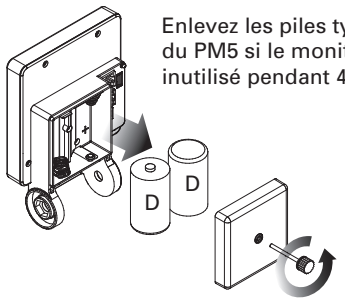


Vue de dessous du PM5



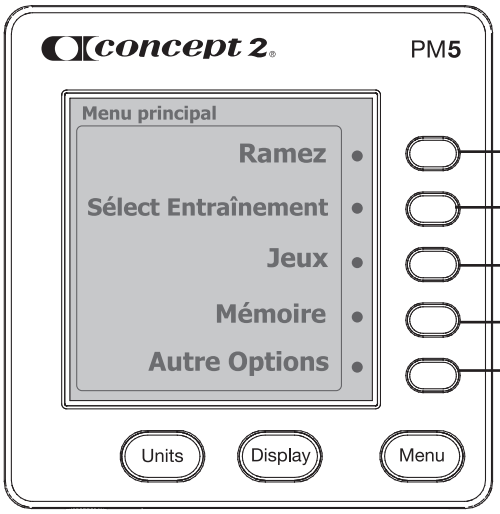
Vue de derrière du PM5





Enlevez les piles type D (LR20) du PM5 si le moniteur reste inutilisé pendant 4 mois ou plus.

Menus PM5 (visitez **concept2.com/PM5** pour plus d'informations) FR



Ramez/Skiez

Tout est automatique ! Aucun bouton à pousser. Votre premier coup de rame met le moniteur en fonction. Vos résultats sont automatiquement enregistrés en **mémoire** si vous ramez plus d'une minute et que vous pressez la touche **Menu**.

Sélect. Entraînement

- **Liste Standard** présente cinq entraînements préprogrammés.
- **Liste personnalisée** cinq entraînements peuvent être copiés de la clé USB dans cette liste.
- **ReRow/ReSki** vous permet de ramer ou skier contre une séance déjà réalisée.
- **Nouvel entrain** vous permet de programmer un entraînement au format qui vous convient: distance, durée, intervalles en distance ou temps, intervalles variables temps, distance et repos.
- **Favoris** affiche cinq entraînements par clé USB (si la clé USB est branchée)

Jeux

Jeux du poisson, Fléchettes, Entraînement ciblé, Course, Biathlon

Mémoire OU USB Logbook (si une clé USB est branchée)

Si aucune clé USB n'est branchée, **Mémoire** liste les entraînements les plus récents par type, date et résumé. Les plus anciens sont automatiquement effacés.

USB Logbook (formatée FAT ou FAT32) enregistre environ 1000 entraînements, vos cinq favoris et vos préférences. Vous pouvez voir les totaux généraux, par mois, listés par date, par type et les utilitaires de USB Logbook.

Autres options

- **Facteur de résistance**
- **Associer Ceinture**
- **Activer Sans fil**
- **Information**
  - **Overview**
  - **PM5:** Informations sur les touches, données et graphiques affichés, entraînements, clé USB.
  - **Comment ramer/skier:** Conseils et animation technique.
  - **Facteur de résistance:** Comment régler son facteur de résistance.
  - **Plus:** Jeux, Course, Piles, Sans fil, Fréquence cardiaque.
- **Utilitaires:** régler date et heure, Langage, Régler contraste LCD, Pile (% charge), Identification produit.

Divers

Utilisation d'un Ecran de Fréquence Cardiaque:

⚠ ATTENTION Les systèmes d'affichage de la fréquence cardiaque peuvent être inexacts. Un exercice trop violent peut entraîner des blessures graves ou la mort. Si vous vous sentez mal, arrêtez immédiatement votre séance.

Le PM5 reçoit et affiche automatiquement la fréquence cardiaque provenant des ceintures thoraciques Bluetooth Smart, Suunto, Garmin ou ANT+™ HR. Voir **Autres Options** pour l'utilisation.

SUUNTO ANT+ HR GARMIN

Bluetooth SMART

Nettoyage du PM

Utilisez un chiffon légèrement humidifié à l'eau. Ne vaporisez pas de produit d'entretien directement sur le moniteur et ne le laissez pas sous la pluie.

Formules utilisées

Watts = 2,80/(sec/mètre)^3
Calories/hr = Kcal/hr = (watts) x (4) x (0,8604) + 300

Dépannage

Visitez concept2.com/pm5.

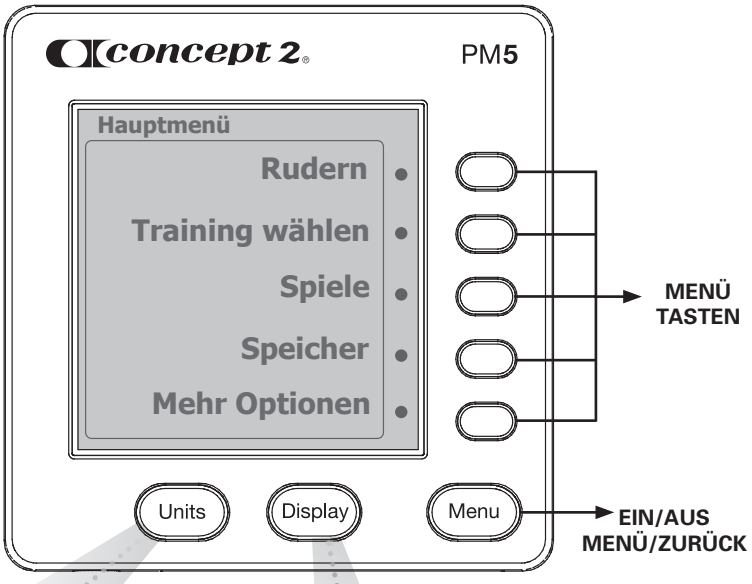
DE LEISTUNGSMONITOR (PM5) – EIN ÜBERBLICK

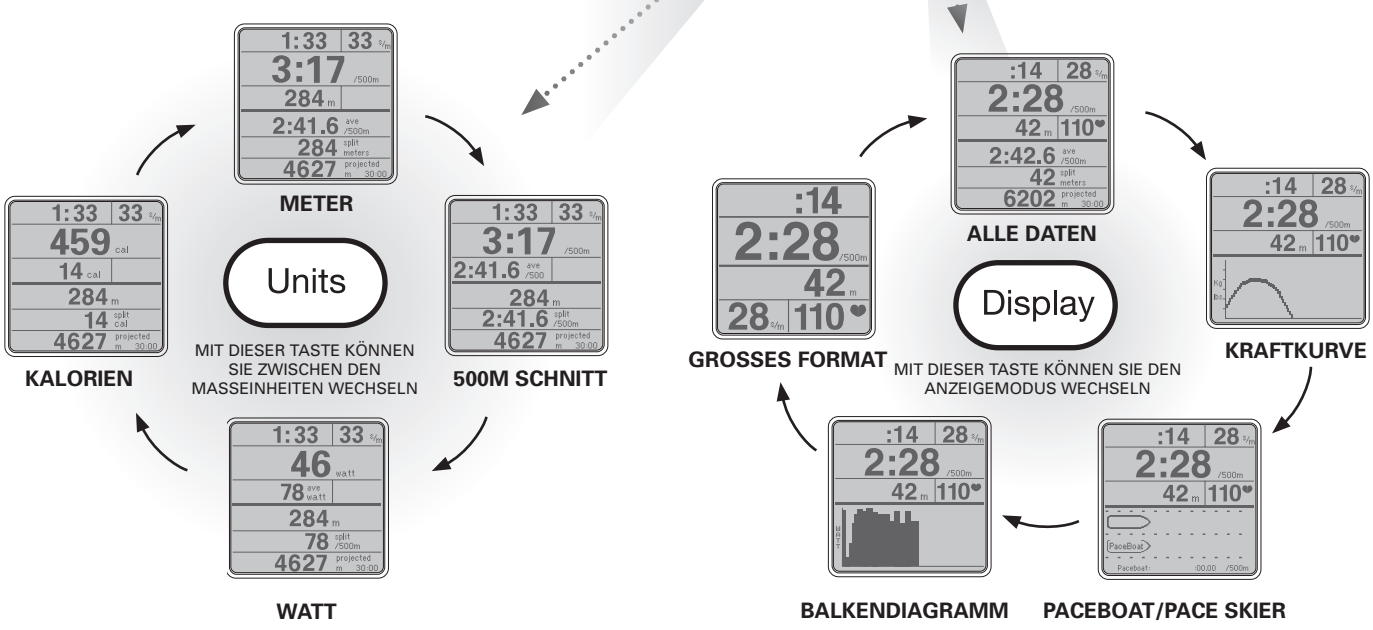
Für das Modell D, das Modell E und den Dynamic Indoor Rower, sowie für den SkiErg.

Einführung:

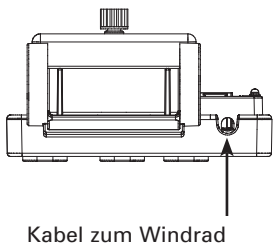
- Der PM5 schaltet sich entweder beim Losfahren oder durch Drücken der MENU Taste ein.
- Trainingsdaten werden automatisch gespeichert.
- Drücken Sie die MENU Taste, um alle Funktionen anzuzeigen.
- Um zusätzliche Informationen anzuzeigen, wählen Sie vom Hauptmenü aus Mehr Optionen > Informationen.

Für mehr Informationen über die Funktionen des PM5, besuchen Sie **concept2.de/PM5**.

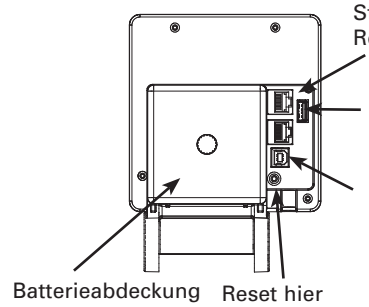


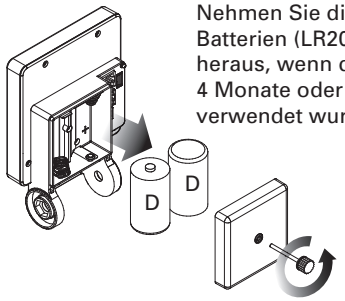


Unteransicht des PM5



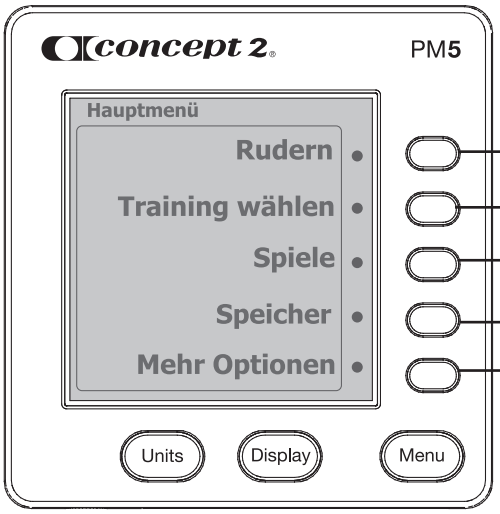
Rückansicht des PM5





Nehmen Sie die D Zellen-Batterien (LR20) aus dem PM5 heraus, wenn der Monitor für 4 Monate oder länger nicht verwendet wurde.

PM5 Menüführung (Für mehr Informationen besuchen Sie **concept2.de/PM5**) DE



Rudern/Skilaufen

Der Monitor schaltet sich automatisch ein! Nach dem ersten Schlag/Zug schaltet sich der PM5 ein. Ihre Trainingsdaten werden im **Speicher** abgelegt, wenn Sie länger als eine Minute fahren und anschließend **Menu** drücken.

Training wählen

- **Standards** zeigt 5 vorprogrammierte Trainingseinheiten an
- **Persönlich** speichert fünf Trainingseinheiten, die von Ihrem USB stick übertragen werden können.
- **ReRow/ReSki** hiermit können Sie eine vergangene Trainingseinheit wiederholen und dabei Ihre aktuelle und vorherige Leistung direkt vergleichen.
- **Neues Training** hiermit können Sie ein neues Training in Ihrem gewünschten Format wählen: Distanz, Zeit, Intervalltraining auf Zeit oder Distanz, variables Intervalltraining und variable Pausen.
- **Favoriten** zeigt fünf Trainingseinheiten auf Ihrem USB stick an (wenn ein USB Flash-Laufwerk verwendet wird).

Spiele

Fisch-Spiel, Dart-Spiel, Ziel-Spiel, Rennen oder Biathlon

Speicher ODER USB Logbook (wenn ein USB Stick verwendet wird)

Wenn kein USB Stick verwendet wird, zeigt der Speicher Ihre aktuellsten Trainingsdaten an. Die ältesten Trainingsdaten werden automatisch gelöscht.

Ein **USB Logbook**, der mit jedem PM5 mitgeliefert wird, (nur im FAT oder FAT32 Format) speichert etwa 1.000 Trainingseinheiten, Ihre fünf Lieblings-Trainingseinheiten und Einstellungen.

Mehr Optionen

- **Drag Faktor anzeigen**
- **HF-Gurt verbinden**
- **Drahtlose Verbindung ein**
- **Informationen**
  - **Übersicht**
  - **PM5 Details**: Informationen über die Tasten, Basisdaten, Anzeigen, Trainingseinheiten, USB Stick.
  - **Technik**: Enthält eine kurze technische Einweisung in die Ruder- bzw. Ski-Langlauftechnik und eine kleine Animation.
  - **Drag-Faktor**: Hier sehen Sie, wie Sie den Drag-Faktor justieren.
  - **Mehr**: Spiele, Rennen, Batterie, drahtlose Verbindung, Herzschlag.
- **Einstellungen**: Datum und Zeit, Sprache und Anzeige einstellen, Batterie (verbleibende Kapazität in %), Produkt-ID.

Verschiedenes

Verwendung eines Herzfrequenz-Monitors:

⚠WARNUNG! Herzfrequenz-Überwachungssysteme können ungenau sein. Übermäßige Anstrengung kann zu ernsthaften Verletzungen oder zum Tod führen. Falls Sie sich schwach fühlen, stoppen Sie sofort das Training.

Der PM5 kann Herzfrequenzdaten von einem Bluetooth Smart, Suunto™, Garmin® oder ANT+™ HR Brustgurt direkt empfangen und anzeigen. Zum Einrichten dieser Möglichkeiten siehe **Mehr Optionen**.

SUUNTO ANT+ HR GARMIN

Bluetooth SMART

Reinigen des PM5

Nur ein mit Wasser leicht angefeuchtetes Tuch benutzen. Nicht mit Reinigungsmittel einsprühen oder Regen aussetzen.

Formeln

Watt = 2,80/(Sek./Meter)^3

Kalorien/Std. = kcal/Std. = (Watt) x (4) x (0,8604) + 300

Fehlersuche

Sie concept2.de/pm5

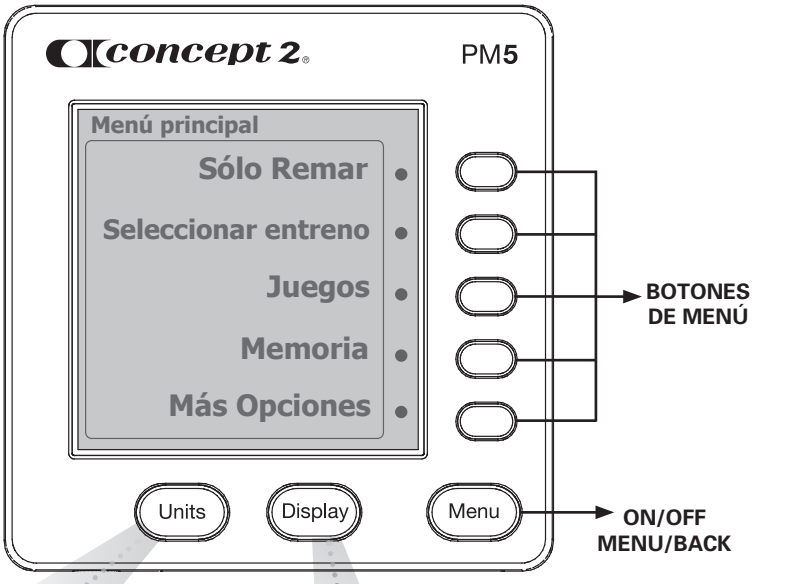
ES INFORMACIÓN GENERAL DEL MONITOR DE RENDIMIENTO (PM5)

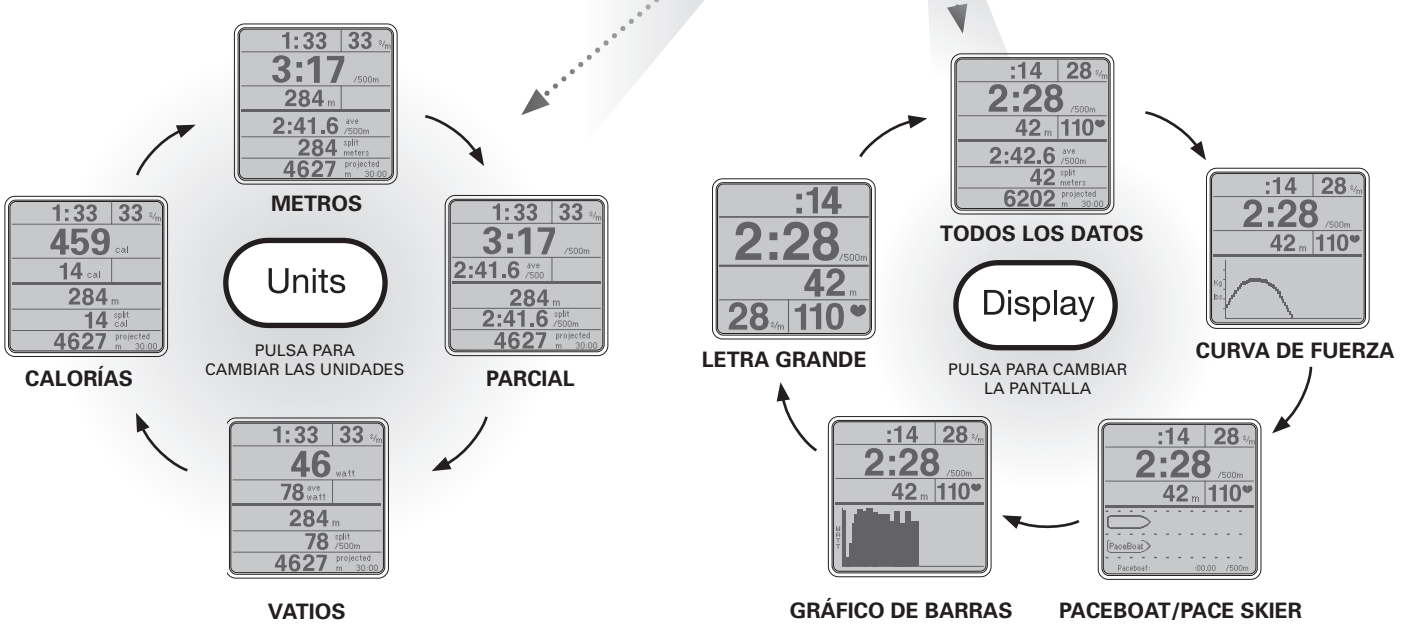
Para los Remos Indoor Modelos D, E y Dinámico, y el SkiErg.

Comenzando:

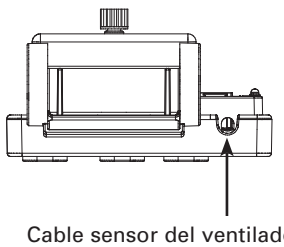
- El PM5 se enciende automáticamente cuando empiezas a remar o esquiar, o pulsando MENU.
- Los resultados de los entrenamientos se almacenan automáticamente.
- Usa el botón MENU para acceder a todas las opciones.
- Hay disponible información adicional en Menu Principal>Más Opciones>Información.

Para más información sobre el uso del PM5, por favor visita **concept2.com/PM5**.

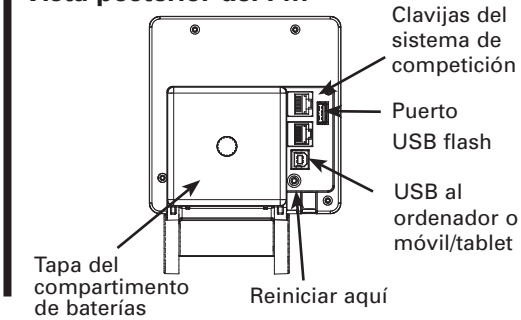


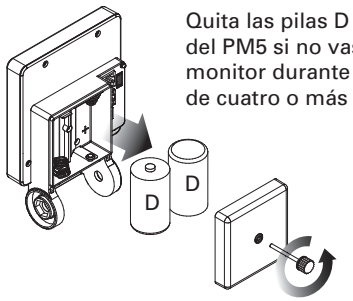


Vista inferior del PM



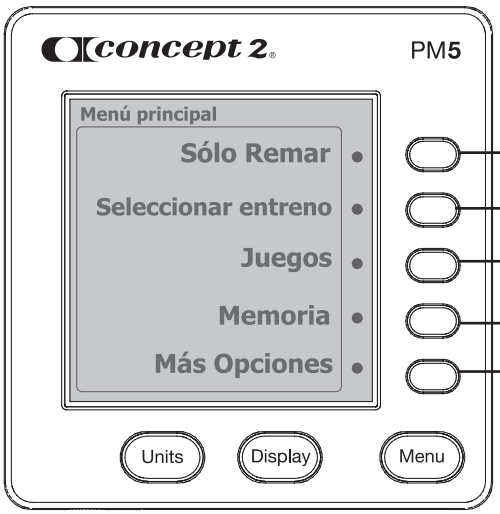
Vista posterior del PM





Quita las pilas D Cell (LR20) del PM5 si no vas a utilizar el monitor durante un periodo de cuatro o más meses.

Mapa del Menú del PM5 (Visita **concept2.com/PM5** para más información) ES



Sólo Remar/Sólo Esquiar

¡Funcionamiento automático! No hace falta pulsar botones. Tu primera palada encenderá el PM5. Tus resultados se guardarán automáticamente en la Memoria si remas durante más de 1 minuto y luego pulsas **Menu**.

Selecciona Entrenamiento

- **Lista Estándar** te ofrece cinco entrenos pre-determinados.
- **Lista Personalizada** tiene cinco entrenos, que se pueden copiar de tu memoria USB a la Lista Personalizada.
- **ReRemar/ReEsquiar** te permite remar o esquiar contra un entrenamiento previo.
- **Nuevo Entreno** te permite determinar un nuevo entrenamiento en el formato que prefieras: distancia simple, tiempo simple, intervalos de distancia, intervalos de tiempo, intervalos variables e intervalos de descanso indefinido.
- **Favoritos** muestra cinco entrenamientos por memoria USB (si el USB está en uso).

Juegos

Fish Game, Dardos, Diana, Competición, Biatlón

Memoria o USB Logbook (si el USB está en uso)

Si el USB no está en uso, la Memoria lista tus resultados de entrenamiento más recientes por tipo, fecha y resumen; los más antiguos se borran automáticamente.

USB Logbook (sólo formatos FAT o FAT32) almacena aproximadamente 1000 entrenos, tus cinco entrenos Favoritos, y tus preferencias. Puedes ver un Resumen, Totales Mensuales, Lista por Fecha, Lista por Tipo, Utilidades de la USB Logbook.

Más Opciones

- **Mostrar Drag Factor**
- **Conectar Ritmo Cardíaco**
- **Inalámbrica**
- **Información**
  - **Resumen**
  - **Detalles PM5:** Información sobre los botones, datos básicos, despliegues gráficos, entrenos, memoria USB.
  - **Cómo Remar/Esquiar:** Incluye una breve lección técnica con una animación.
  - **Drag Factor** Explica cómo ajustar el drag factor (o factor de resistencia).
  - **Más:** Juegos, Competición, Batería, Sin Hilos, Ritmo Cardíaco.
- **Utilidades:** Determinar Fecha y Hora, Idioma, Ajustar Despliegue, Batería (% restante), ID del Producto.

Varios

Uso de un monitor de ritmo cardíaco:

⚠AVISO: los sistemas de monitorización del ritmo cardíaco pueden ser inexactos. El exceso de ejercicio puede provocar lesiones graves o la muerte. Si te sientes mareado, deja de hacer ejercicio inmediatamente.

El PM5 recibirá y mostrará los datos de ritmo cardíaco directamente desde un cinturón de pecho Bluetooth Smart, Suunto™, Garmin® o ANT+™ HR. Consulta la configuración en **Más opciones**.

SUUNTO ANT+ HR GARMIN

Bluetooth SMART

Limpieza del PM

Utiliza únicamente un paño ligeramente humedecido con agua. No lo rocíes con productos de limpieza ni dejes que se moje con la lluvia.

Fórmulas utilizadas

Vatios = 2,80/(seg/metro)^3
Calorías/hora = Kcal/hr = (vatios) x (4) x (0,8604) + 300

Solución De Problemas

Visita concept2.com/pm5.

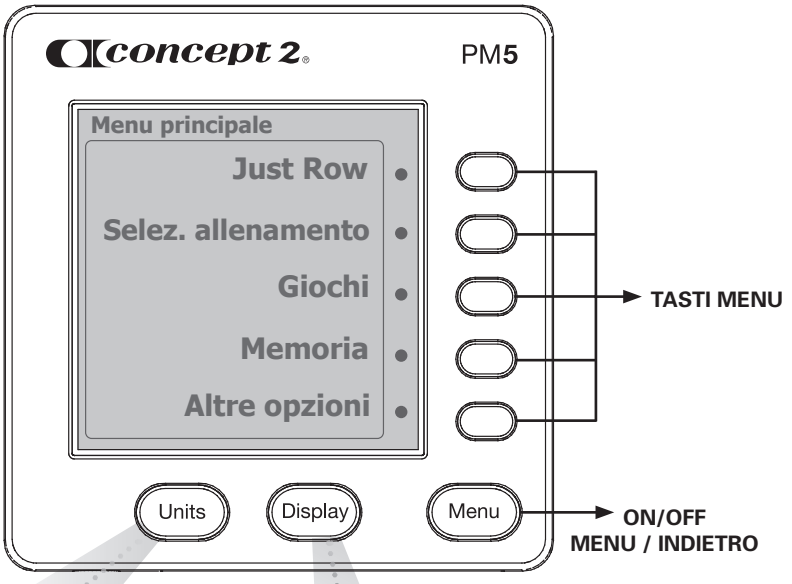
PANORAMICA DEL PERFORMANCE MONITOR (PM)

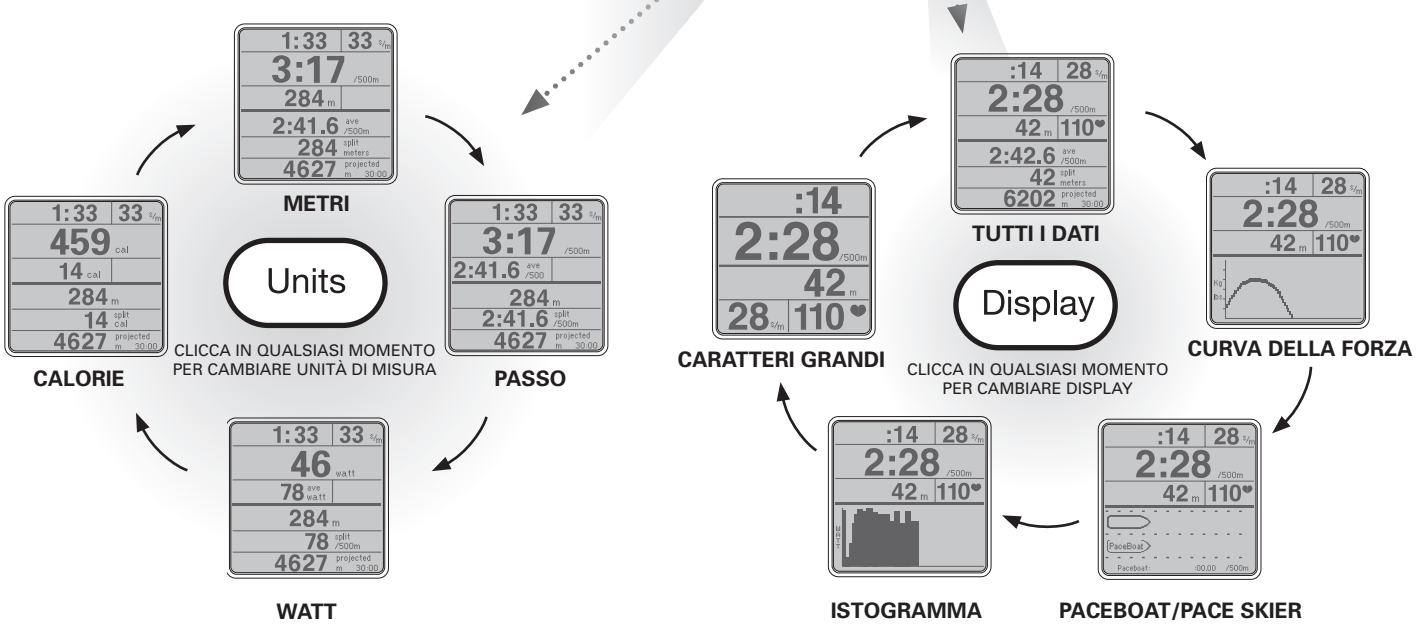
Per i vogatori Modello D, Modello E, Dynamic e SkiErg.

Per iniziare:

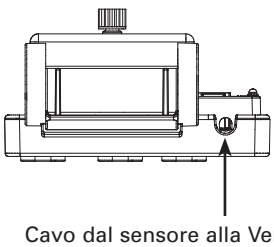
- Il monitor PM5 si accende in automatico quando si inizia a remare o sciare, oppure cliccando su **MENU**.
- Dati sugli allenamenti sono memorizzati in automatico.
- Si utilizza il tasto MENU per tutte le funzioni.
- Ulteriori informazioni sono disponibili dal MENU PRINCIPALE - ALTRE OPZIONI - INFORMAZIONI.

Per ulteriori informazioni sul monitor PM5 visita il nostro sito **concept2.com/PM5**.



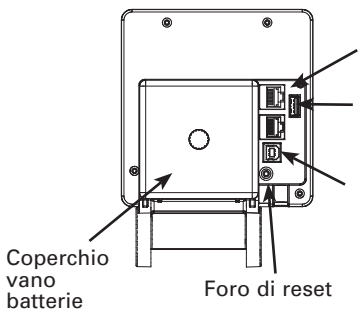


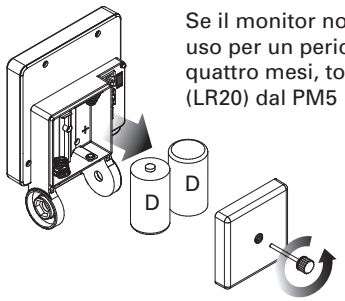
Vista dal basso del PM



Cavo dal sensore alla Ventola

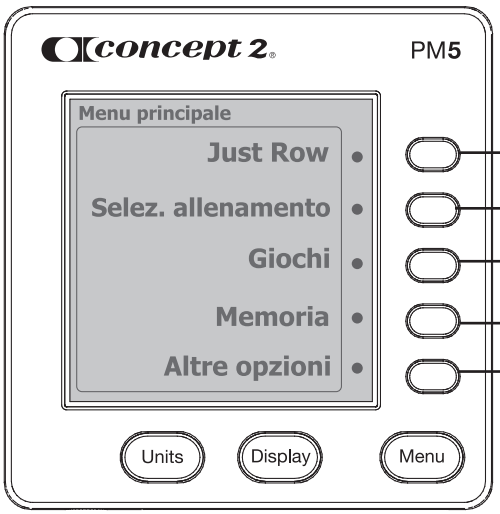
Vista dal retro del PM





Se il monitor non sarà in uso per un periodo di più di quattro mesi, togliere le pile (LR20) dal PM5

PM5 Mappa del menu (visita **Concept2.com/PM5** per ulteriori informazioni)



Just Row / Just Ski

Operazione in automatico! Non occorre cliccare i tasti. Alla prima vogata si accenderà il PM5. I risultati saranno salvati in **Memoria** se si rema per più di 1 minuto e poi si clicca su **Menu**.

Selezionare allenamento.

- **Elenco Standard** fornisce 5 allenamenti prefissati
- **Elenco Personalizzato** può inserire fino a cinque allenamenti che possono essere copiati dal USB Flash Driva all'Elenco Personalizzato.
- **ReRow/ReSki** vi permette di remare o sciare contro un precedente allenamento.
- **Nuovo Allenamento** vi permette di programmare un nuovo allenamento nel formato di sua scelta: Distanza singola, tempo singolo, intervalli su distanza, intervalli a tempo, intervalli variabili e intervalli con recupero non definito.
- **Con Preferiti,** può scegliere tra cinque allenamenti per USB Flash Drive (se il USB Flash Drive è in uso).

Giochi

Gioco dei Pesci, Dardi, Tiro al bersaglio, Gare, Biathlon

Memoria OPPURE USB Logbook (se USB Flashdrive è in uso).

Se non è in uso un USB Flash Drive, con **Memory** si può vedere i risultati dagli allenamenti più recenti elencate per tipo, data e sommario. I più vecchi vengono eliminate in automatico.

USB Logbook (Soltanto i formati FAT O FAT 32) memorizza circa 1000 allenamenti, i cinque allenamenti preferiti, e preferenze. Si può visualizzare sommario, totali mensili, Elencare per date, Elencare per tipo, Funzioni del USB Logbook.

Altre Opzioni

- **Mostrare Drag Factor**
- **Collegare cardiofrequenzimetro**
- **Wireless accesso**
- **Informazioni**
  - **Riassunto**
  - **Dettagli PM5:** Informazioni sui tasti, dati di base, grafica, allenamenti, USB Flash Drive.
  - **Come Remare/ Sciare:** include una breve lezioni sulla tecnica, con animazione della tecnica corretta.
  - **Drag Factor:** Spiega come aggiustare il Drag Factor (fattore di resistenza)
  - **Altro:** Giochi, Gare, Batterie, Senza Fili, Frequenza Cardiaca.
- **Funzioni:** Fissare Data e ora, programmare lingua, aggiustare display, batteria (% rimanente), ID prodotto.

Varie

Utilizzo del Monitor per la Frequenza Cardiaca:

⚠ATTENZIONE! I sistemi di monitoraggio della frequenza cardiaca possono essere inesatti. L'esercizio fisico eccessivo può causare gravi lesioni o la morte. Se ti senti esausto, interrompi immediatamente l'esercizio.

El PM5 recibirá y mostrará los datos de ritmo cardíaco directamente desde un cinturón de pecho Bluetooth Smart, Suunto™, Garmin® o ANT+™ HR. Vedi **Altre Opzioni** per le impostazioni.

SUUNTO ANT+ HR GARMIN

Bluetooth SMART

Pulizia del PM

Utilizzare un panno leggermente inumidito con sola acqua. Non spruzzare un liquido pulitore o lasciare sotto la pioggia.

Formule utilizzate

Watt = 2,80/(sec/metro)^3
Calorie/Ora = Kcal/hr = (watt) x (4) x (0,8604) + 300

Ricerca Guasti

Visita concept2.com/pm5.

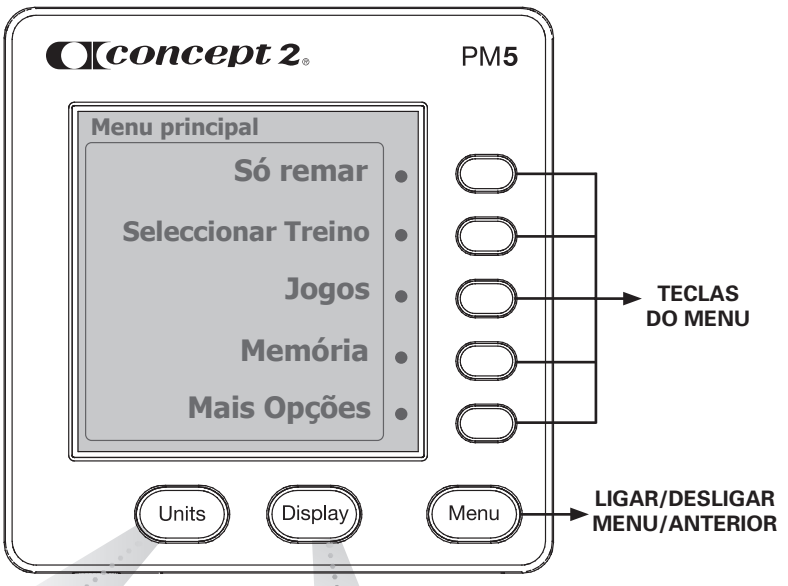
APRESENTAÇÃO GERAL DO MONITOR DE PERFORMANCE (PM5)

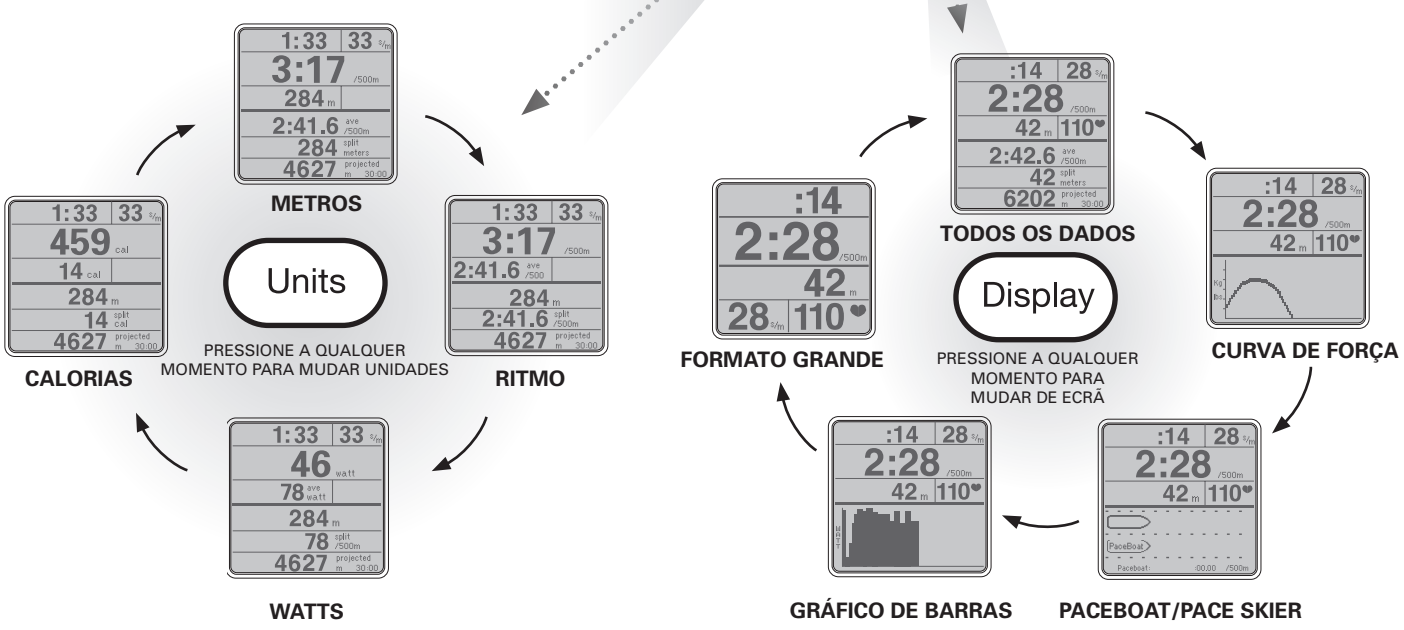
Para os Remos Indoor Modelo D, Modelo E e Dynamic, e o SkiErg.

Começando:

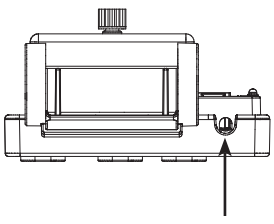
- O PM5 liga-se automaticamente quando começar a remar ou esquiar, ou pressione MENU.
- Os treinos são armazenados automaticamente.
- Use o botão MENU para visualizar todos os recursos.
- Informações adicionais estão disponíveis a partir do Menu Principal> Mais Opções> Informação.

Para mais informações sobre como usar o PM5, visite **concept2.com/PM5**.



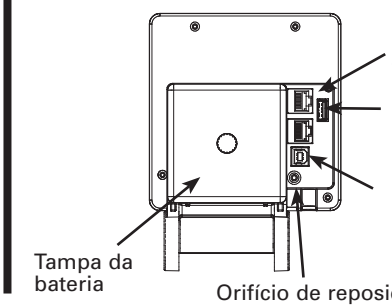


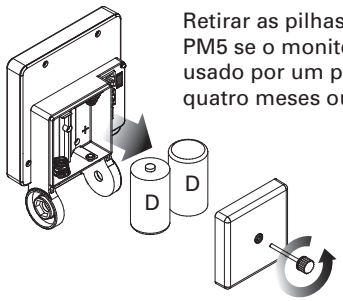
Vista de baixo do PM



Cabo do sensor da roda de inércia

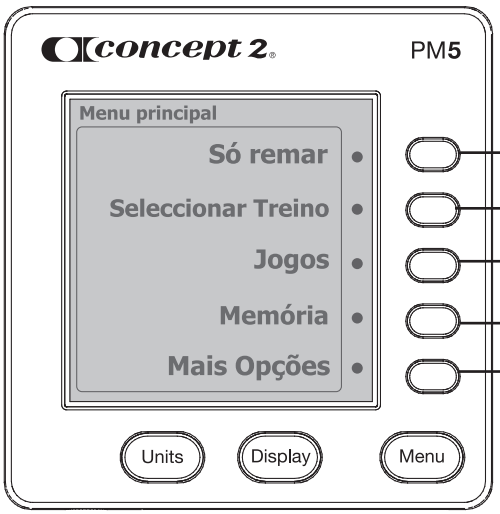
Vista de trás do PM





Retirar as pilhas (LR20) do PM5 se o monitor não for usado por um período de quatro meses ou mais.

Menu Mapa PM5 (Visite **concept2.com/PM5** para mais informações)



Apenas Reme / Apenas Esquie

Operação automática! Não há necessidade de apertar botões. A sua primeira remada irá ligar o PM5. Os seus resultados serão guardados automaticamente na Memória se remar mais de 1 minuto e em seguida pressionar **Menu**.

Seleccionar Treino

- **Lista Permanente** com cinco treinos pré-definidos.
- **Lista Ajustável** com cinco treinos, que podem ser copiados da sua Pen USB para a Lista Ajustável.
- **ReRemar / ReEsquiar** permite remar ou esquiar contra um treino anterior.
- **Novo Treino** permite seleccionar um novo treino no formato à sua escolha: uma distância, um tempo, intervalos de distância, intervalos de tempo, intervalos mistos e intervalos de descanso indefinidos.
- **Favoritos** exibe cinco treinos por Pen USB (se usar uma Pen USB).

Jogos

Jogo dos Peixes, Dardos, Treino ao Alvo, Competição, Biatlo

Memória OU USB Logbook (se usar uma Pen USB)

Se não estiver a usar uma Pen USB, a **Memória** apresenta os treinos mais recentes por tipo, data e sumário; os mais antigos são eliminados automaticamente.

USB LogBook (FAT ou FAT32) armazena cerca de 1000 treinos, os seus cinco exercícios Favoritos e preferências. Pode visualizar o Resumo, Totais Mensais, Ordenar por Data, Lista por Tipo e Utilidades da USB Logbook .

Mais Opções

- **Mostrar Factor de Resistência**
- **Ligar Frequência Cardíaca**
- **Ligação sem fios**
- **Informações**
  - **Apresentação Geral**
  - **Detalhes do PM5:** Informações sobre os botões, informação básica, indicação gráfica, treinos, Pen USB.
  - **Como Remar / Esquiar:** Inclui uma breve lição de técnica com animação.
  - **Factor de Resistência:** Explica como ajustar o factor de resistência.
  - **Mais:** Jogos, Competição, Bateria, Ligação Sem Fios, Freqüência Cardíaca.
- **Utilidades:** Definir Data e Hora, definir Língua, Ajuste Display, Bateria (% restantes), BI do Produto.

Outras Observações

Utilizar um Monitor de frequência cardíaca:

⚠ AVISO! É possível que os sistemas de monitorização da frequência cardíaca não sejam exactos. O excesso de exercício pode originar danos graves ou a morte. Se sentir tonturas, pare imediatamente o exercício.

O PM5 recebe e exibe os dados de frequência cardíaca diretamente de uma cinta de peito Bluetooth Smart, Suunto™, Garmin® ou ANT+™ HR. Veja **Mais opções** para obter informação sobre a configuração.

SUUNTO ANT+ HR GARMIN

Bluetooth SMART

Limpar o PM

Apenas deve utilizar um pano ligeiramente humedecido com água. Não borrife com produtos de limpeza nem exponha à chuva.

Fórmula utilizadas

Watts = 2,80/ (s/metro)^3

Cal/hora = Kcal/hr = (watts) x (4) x (0,8604) + 300

Resolução De Problemas

Visite concept2.com/pm5.

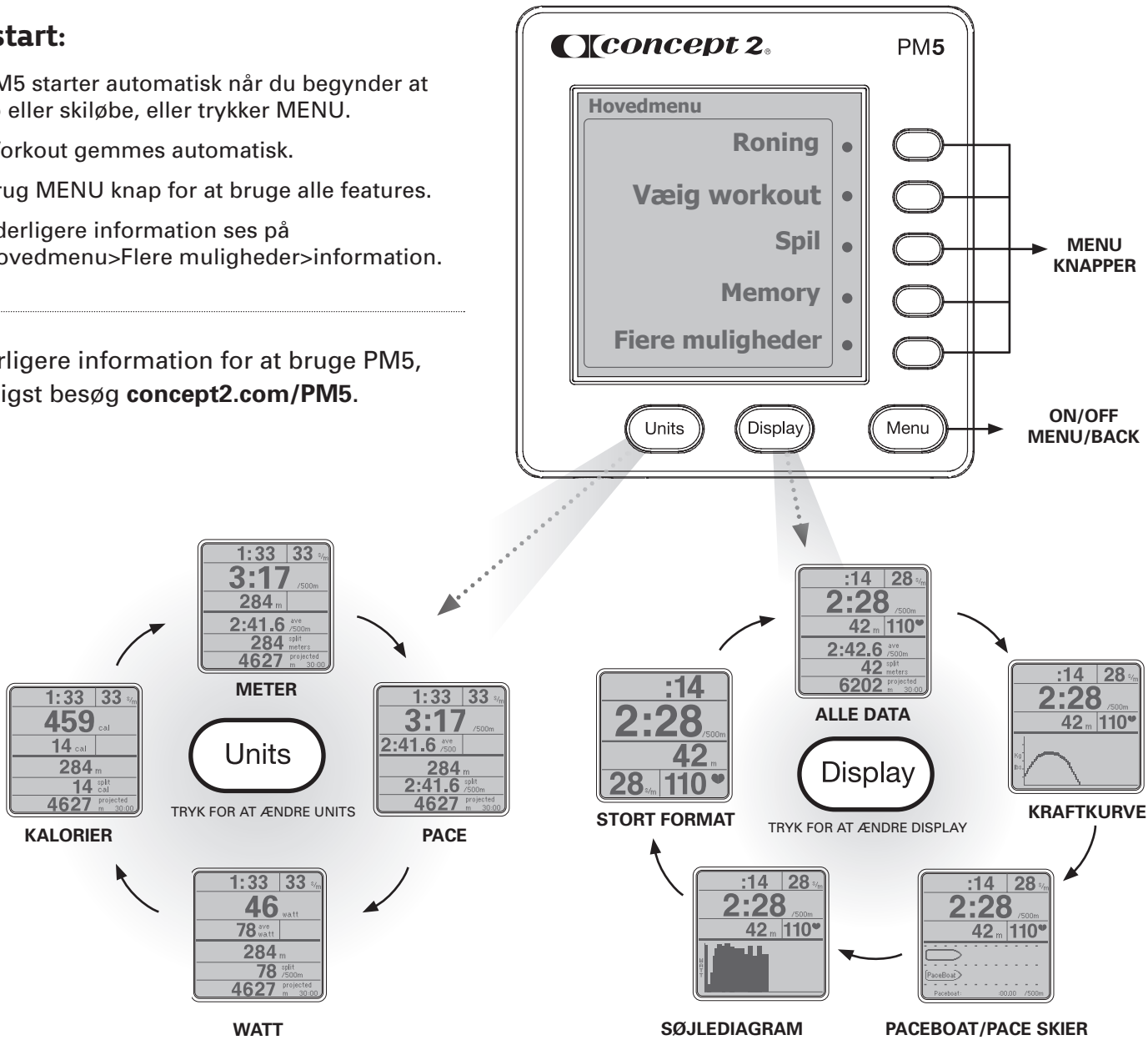
DK OVERSIGT OVER PERFORMANCE MONITOR (PM)

Til Model D, Model E og Dynamic Indoor Rowers, og SkiErg.

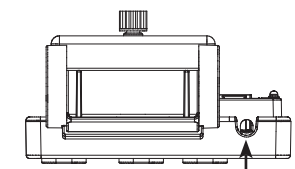
Opstart:

- PM5 starter automatisk når du begynder at ro eller skiløbe, eller trykker MENU.
- Workout gemmes automatisk.
- Brug MENU knap for at bruge alle features.
- Yderligere information ses på Hovedmenu>Flere muligheder>information.

Yderligere information for at bruge PM5, venligst besøg **concept2.com/PM5**.

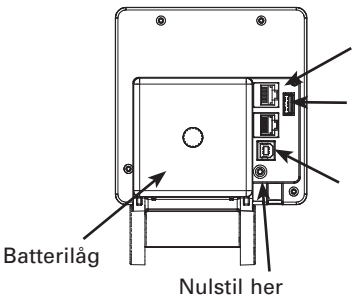


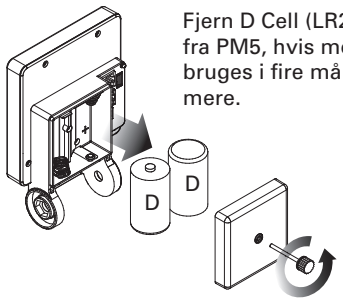
PM set nedefra



Sensor kabel til svinghjul

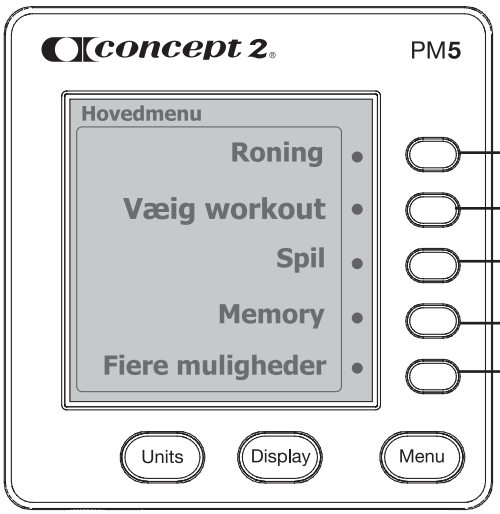
PM set bagfra





Fjern D Cell (LR20) batterier fra PM5, hvis monitor ikke bruges i fire måneder eller mere.

PM5 Menu mappe (Besøg **concept2.com/PM5** for yderligere informationer) DK



Ro/Skiløb

Starter automatisk! Ingen brug for at trykke på knapper. Første tag starter PM5. Dine resultater gemmes automatisk i Hukommelse hvis du ror længere end 1 minut og trykker på **Menu**.

Vælg Workout

- **Standard Liste** giver fem pre-set workout
- **Bruger liste** indeholder fem workouts, som kan kopieres fra USB flash drive til Bruger liste.
- **Rerow/Reskiløb** muliggør at ro eller skiløbe imod tidligere workout.
- **Ny workout** muliggør indstilling af ny workout efter eget valg af format: Distance, tid, distance interval, tid interval, mix interval og udefineret hvile interval.
- **Favorit** viser fem workouts per USB flash drive (hvis USB flash drive bruges)

Spil

Fiske spil, Dart, Niveau træning, Race, Biathlon

Memory OR USB Logbook (hvis USB flash drive bruges).

Hvis ingen USB flash drive bruges, **Hukommelse** viser dine seneste workout efter type, dato og smummarisk; ældste slettes automatisk.

USB Logbook (FAT eller FAT32 format) gemmer cirka 1000 workouts, dine fem Favorit workouts, og præferencer. Du kan se Summarisk, Månedelig Total, Dato liste, Type liste, USB Logbook muligheder.

Flere muligheder

- **Vis Drag Factor**
- **Tilslut Puls Måling**
- **Trådløs Er Slået Til**
- **Information**
  - **Oversigt**
  - **PM5 detaljer:** information om knapper, basale data, grafisk display, workouts, USB flash drive.
  - **Teknik ro/skiløb:** Inklusiv kort teknik lektion med teknik animering.
  - **Drag Factor:** Forklarer hvordan drag factor indstilles.
  - **More:** Spil, Race, Batteri, Trådløs, Pulsmåler.
- **Flere muligheder:** Indstil dato og tid, Indstil sprog, Juster display, Batteri (% tilbage), Produkt ID

Andre Oplysninger

Sådan bruger du en pulsmåler:

⚠ADVARSEL! Systemer til monitorering af hjertefrekvens kan være unøjagtige. Overtræning kan resultere i alvorlige skader eller død. Hvis du føler, at du er ved at besvime, skal du øjeblikkeligt afbryde træningen.

PM5 vil modtage og vise puls data direkte fra et Bluetooth Smart, SuuntoTM, Garmin eller ANT+™ HR bryst bælte. Du finder flere oplysninger om opsætning under **Flere muligheder**.

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

Sådan rengør du din PM

Brug udelukkende en klud, der er let fugtet med vand. Sprøjt ikke rengøringsmiddel på eller lad PM stå udenfor i regn.

Anvendte formler

Watt = 2,80/(sek/meter)^3

Kalorier/time = Kal/time = (watt) x (4) x (0,8604) + 300

Fejlfinding

Besøg concept2.com/pm5.

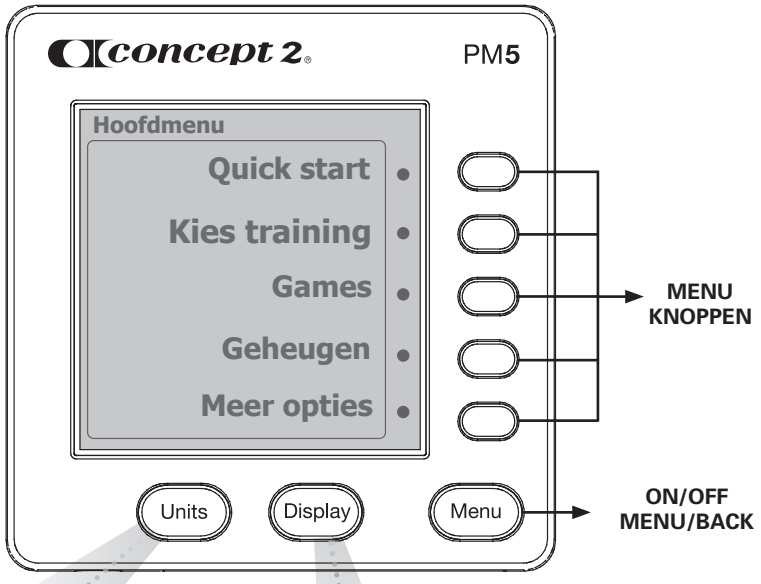
NL OVERZICHT VAN DE PERFORMANCE MONITOR (PM5)

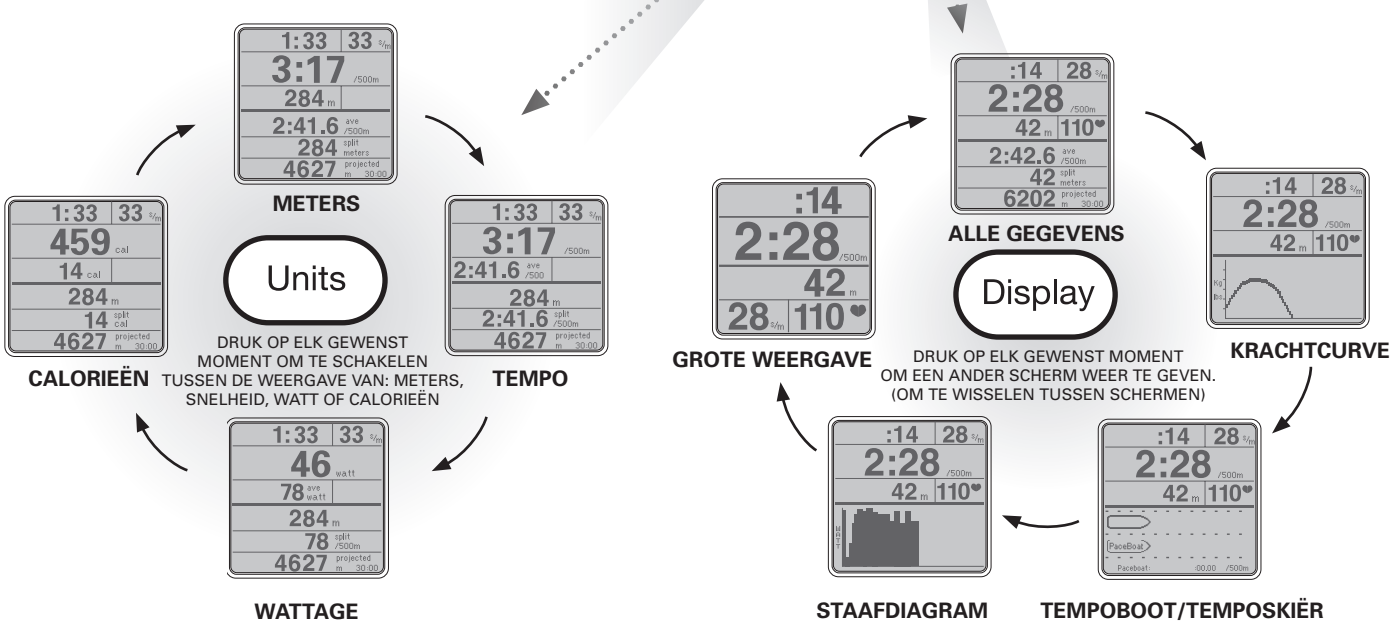
Voor model D, model E en Dynamic Indoor Rowers, en de SkiErg.

Beginnen:

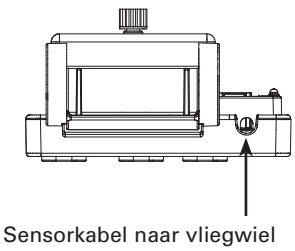
- De PM5 wordt automatisch ingeschakeld wanneer je begint met roeien of skiën of als je op de [MENU] knop drukt.
- Trainingsresultaten worden automatisch opgeslagen.
- Druk op de [MENU] knop om toegang te krijgen tot alle functies.
- Extra informatie is beschikbaar door te drukken op: Hoofdmenu> Meer opties> Informatie.

Voor meer informatie over het gebruik van de PM5, bezoek onze website **concept2.com/PM5**.

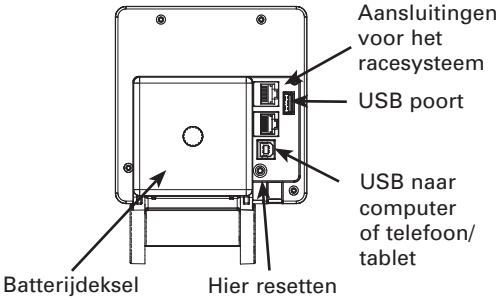


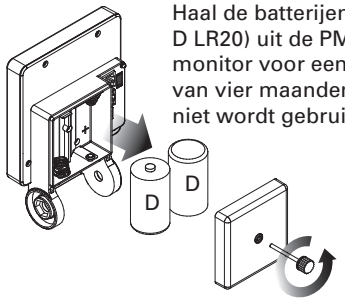


Onderaanzicht van de PM



Achteraanzicht van de PM

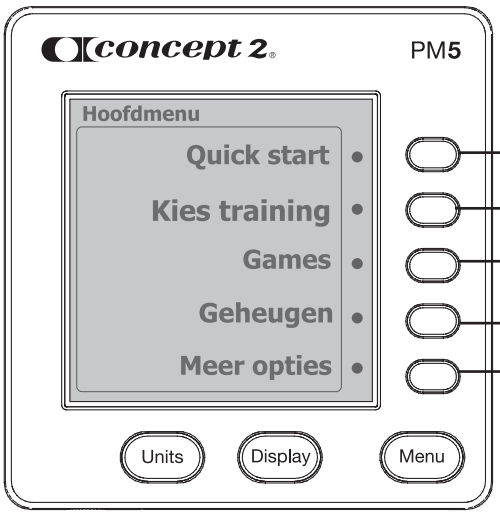




Haal de batterijen (Type D LR20) uit de PM5 als de monitor voor een periode van vier maanden of langer niet wordt gebruikt.

PM5 Menu (Bezoek **concept2.com/PM5** voor meer informatie)

NL



Start met roeien/skiën

Meteen beginnen! Het is niet nodig om op knoppen te drukken. De eerste haal zal de PM5 opstarten. Je resultaten worden automatisch opgeslagen in **Geheugen** als je langer dan 1 minuut roeit en vervolgens op **Menu** drukt.

Training selecteren

- **Standaard trainingen:** bevat vijf vooraf ingestelde trainingen.
- **Extra trainingen:** bevat 5 trainingen die je kunt veranderen met behulp van een USB flashdrive.
- **Training herhalen (ReRow/ReSki):** Met deze functie kan je tegen een opgeslagen training roeien.
- **Nieuwe training:** Een nieuwe training instellen op basis van: afstand, tijd, interval. Op afstand, intervallen op tijd of interval variabel.
- **Favorieten:** Geeft je vijf favoriete trainingen weer vanaf de USB flashdrive (mits de USB flashdrive aangesloten/in gebruik is)

Games

Fish Game, Darts, Target Training, Racing, Biathlon.

Geheugen OF USB Logbook (mits deze in gebruik is)

Als er geen USB flash drive wordt gebruikt, slaat **Geheugen** je meest recente trainingsresultaten op aan de hand van de soort training, datum en tempo; de oudste trainingen worden automatisch verwijderd.

USB Logbook (alleen FAT of FAT32 formats) slaat ongeveer 1000 trainingen, je vijf favoriete trainingen en voorkeuren op. Er is weergave van: maandelijkse totalen, volgorde per datum, volgorde per type en USB Logbook instellingen.

Meer opties

- **Drag factor tonen**
- **Hartslag aansluiten**
- **Verbinden (draadloos)**
- **Informatie**
  - **Overzicht**
  - **Details van de PM5:** Informatie over knoppen, basis data, grafische weergave, trainingen, USB flash drive.
  - **Informatie/Help:** Dit gedeelte omvat een korte les met een animatie over de juiste techniek.
  - **Drag Factor:** Een uitleg over de juiste drag factor.
  - **Meer:** Spellen, Racen, Batterij, Verbinden (draadloos), Hartslag.
- **Algemene instellingen:** Datum en Tijd instellen, Taal instellen, Display instellen, Batterij informatie (percentage), Product informatie.

Overige

Gebruik van een hartslagmonitor:

⚠WAARSCHUWING! Hartslag-monitorsystemen kunnen onnauwkeurig zijn. Te grote inspanning kan ernstig letsel of de dood tot gevolg hebben. Als u zich slap begint te voelen, stop dan onmiddellijk met de training.

Hartslag data ontvangen via Bluetooth Smart, Suunto™, Garmin® of een ANT+™ HR borstband zal direct door de PM5 worden getoond. Zie **Meer opties** voor de instelling.

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

De PM schoonmaken

Gebruik een doek die alleen met een beetje water is bevochtigd. Niet afspuiten met een reinigingsapparaat of in de regen laten staan.

Gebruikte formules

Watt = 2,80/(sec/meter)^3
Calorieën/uur = Kcal/uur = (watt) x (4) x (0,8604) + 300

Problemen, oorzaak en remedie

Bezoek concept2.com/pm5.

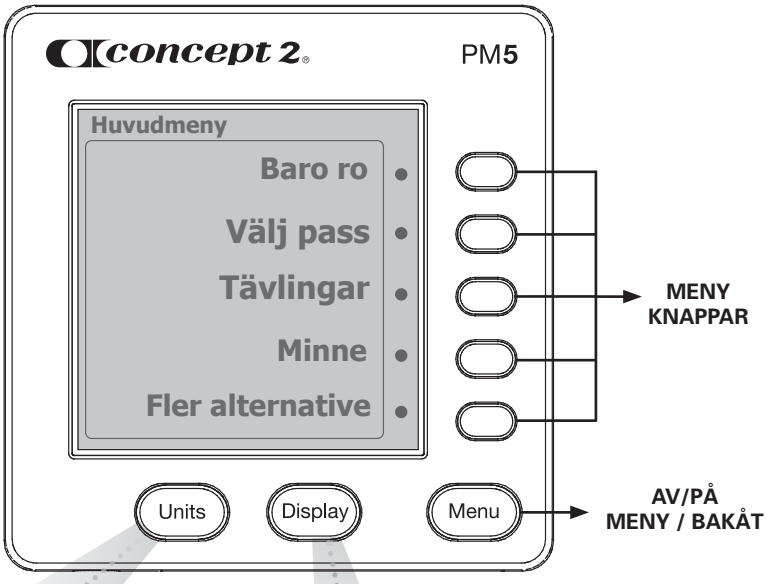
ÖVERSIKT AV PERFORMANCE MONITOR (PM)

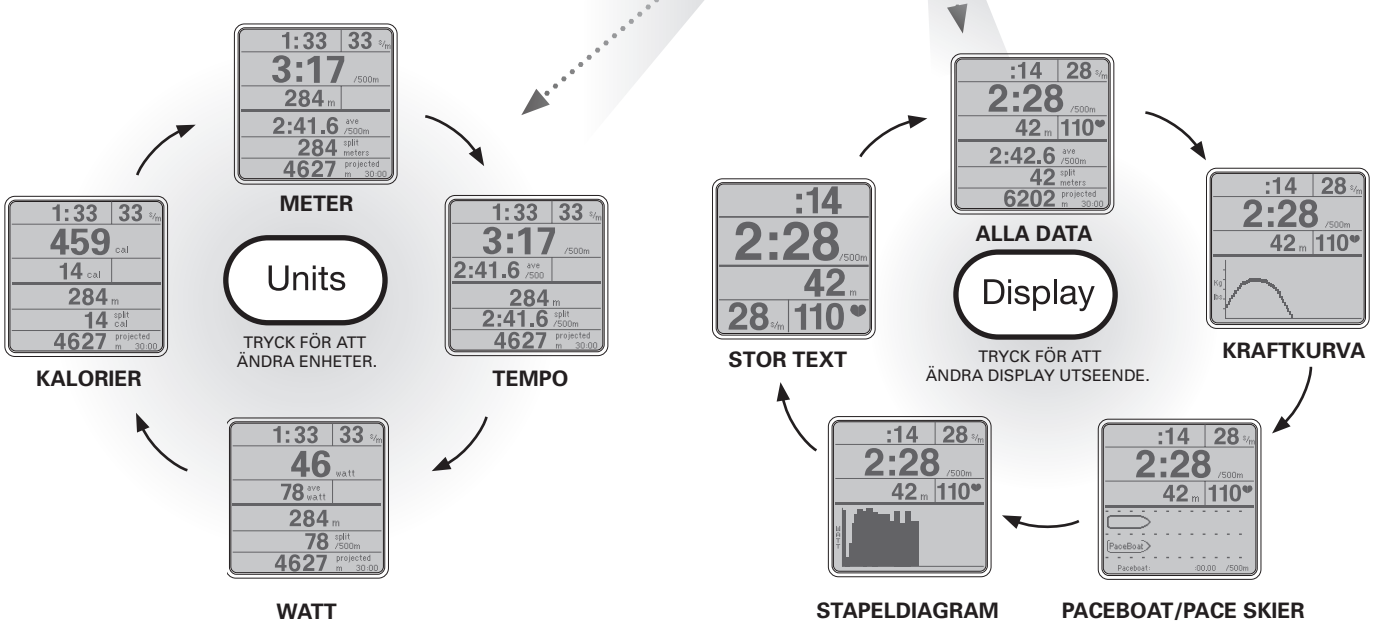
Modell D, Modell E, Dynamic Indoor Rowers, och SkiErg.

Kom igång :

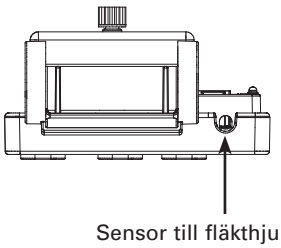
- PM5 startar automatiskt när du börjar ro/staka eller om du trycker på knappen MENU.
- Dina resultat sparas automatiskt i displayens minne.
- Tryck på MENU för att se fler val.
- Mer information finns under Huvudnmeny > Fler alternativ > Information.

För ytterligare information om monitorn, besök **concept2.com/PM5**

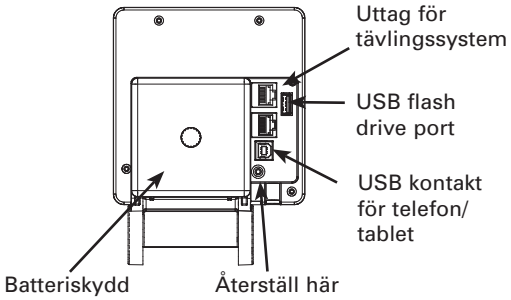


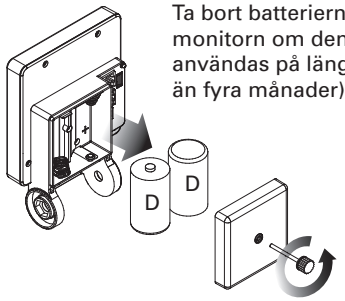


PM sedd från undersidan



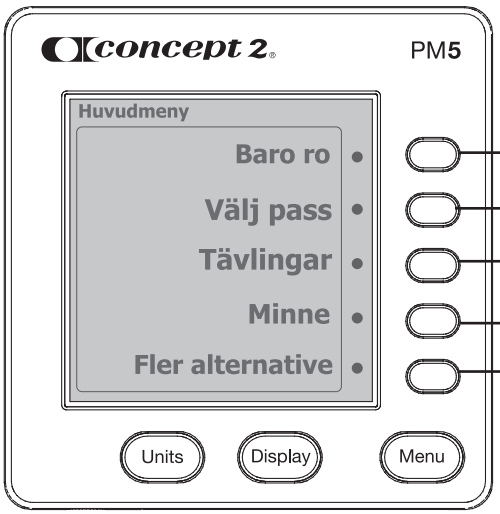
PM sedd från baksidan





Ta bort batterierna ur monitorn om den inte skall användas på länge, (mer än fyra månader).

PM5 Meny karta. (Besök **concept2.com/PM5** för mer information).



Ro/Staka

Snabbstart! Du behöver inte trycka på några knappar utan monitorn startar så snart du sätter igång. Dina resultat sparas automatiskt om du håller på mer än en minut och trycker på knappen **MENU** när du är klar.

Välj Program

- **Standard** visar fem standard program.
- **Specia** har fem program vilka kan kopieras från USB till denna plats.
- **ReRow/ReSki** tillåter dig att tävla mot dina tidigare genomförda pass.
- **Nytt pass** Här skapar du ett nytt pass baserat på tid, distans eller ett intervallpass med olika förutsättningar.
- **Favoriter,** Visar fem olika pass från ditt USB-minne.

Spel

Fisk spel, Dart, Mål träning, Tävling, Biathlon

Minne eller USB Logbook (om USB Flash drive används).

Om det inte finns något USB minne anslutet så visar MINNE de senaste träningspassen som är utförda på denna maskin. De äldsta passen tas automatiskt bort när ett nytt sparas.

USB Logbook, (FAT eller FAT32 format) lagrar ca 1000 träningspass, samt dina fem Favoriter. Du kan gå tillbaka och se summeringar, månads statistik, datum, olika typer av pass mm.

Fler Optioner

- **Visa drag faktor**
- **Anslut pulsmätare**
- **Trådlös anslutning**
- **Information**
  - **Översikt**
  - **PM5 Detaljer :** Information om knappar, data, grafisk display, träningspass, USB funktion
  - **Ro eller Stak träning:** Information om hur man gör inklusive en animerad film.
  - **Drag faktor :** Förklarar hur man justerar motståndet i fläkthjulet.
  - **Mer :** Spel, Tävling, Batteri, Trådlös funktion, Heart Rate.
- **Inställningar :** Datum och tid, Språk, Justera display, Batteri (% kvar), Produkt ID.

Diverse

Att använda en hjärtrytmmonitor:

⚠VARNING! Hjärtrytmmonitorer kan ibland visa inkorrekt data. Alltför hård träning kan resultera i allvarlig skada eller dödsfall. Om du känner dig matt måste du avsluta din träning omedelbart.

PM5 monitorn kan ta emot signaler från Bluetooth Smart, pulsbälten från Suunto eller Garmin alternativt från ett ANT+™ HR bälte. Se **Fler alternativ** för inställning.

SUUNTO ANT+ HR GARMIN

Bluetooth SMART

Rengöring av PM

Använd en trasa som fuktats lätt med enbart vatten. Spraya inte med rengöringsmedel och låt inte produkten stå ute i regn.

Formler som används

Watt = 2,80/(sek/meter)^3
Kalorier/timme = Kcal/tim = (watt) x (4) x (0,8604) + 300

Felsökning

Besök concept2.com/pm5.

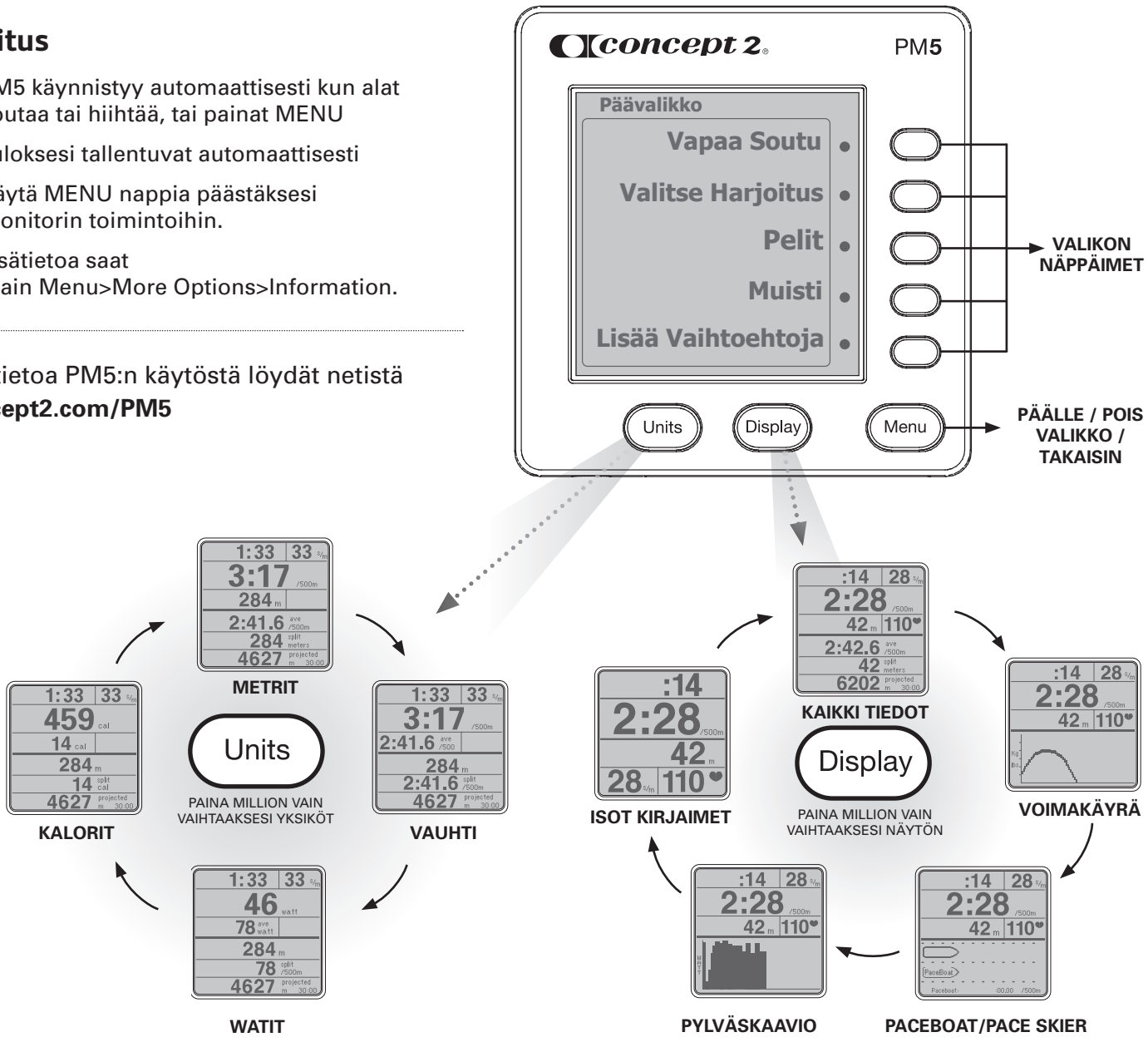
FI YLEISTÄ PERFORMANCE MONITOR (PM) -NÄYTÖSTÄ

Koskee mallia D, mallia E ja Dynamic Indoor -soutulaitetta sekä SkiErgiä .

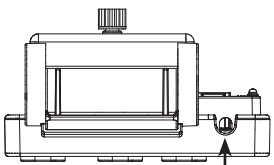
Aloitus

- PM5 käynnistyy automaattisesti kun alat soutaa tai hiihtää, tai painat MENU
- Tuloksesi tallentuvat automaattisesti
- Käytä MENU nappia päästäksesi monitorin toimintoihin.
- Lisätietoa saat Main Menu>More Options>Information.

Lisätietoa PM5:n käytöstä löydät netistä **concept2.com/PM5**

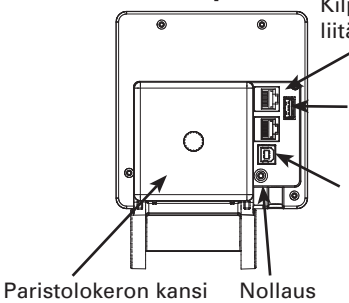


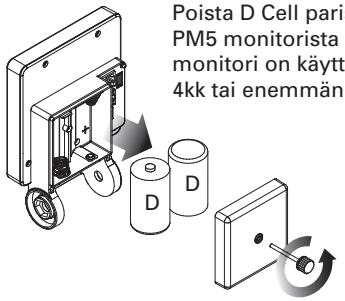
PM-laitteen alapuoli



Sensorin piuha vauhtipyörälle

PM-laitteen takapaneeli

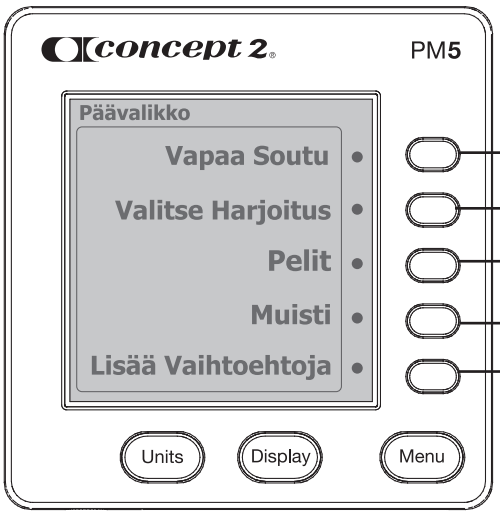




Poista D Cell paristot PM5 monitorista mikäli monitori on käyttämättä 4kk tai enemmän.

PM5 Valikkokartta (lisätietoa netissä **concept2.com/PM5**)

FI



Vapaa soutu / Vapaa hiihto

Operoi automaattisesti, ei tarvetta painaa mitään nappia. Ensimmäinen vetosi käynnistää monitorin. Tuloksesi tallentuvat **Muistiin** automaattisesti mikäli soudat kauemmin kuin minuutin ja painat sitten **Menu**

Valitse harjoitus

- **Vakioharjoitus** tarjoaa Sinulle 5 harjoitusta
- **Suosikkeihin** mahtuu 5 harjoitusta jotka voit kopioida monitoriin USB-tikun kautta.
- **ReRow/ReSki** tarjoaa mahdollisuuden tehdä harjoitus aiemmin tehtyä harjoitusta vastaan.
- **Uusi Harjoitus** antaa mahdollisuuden luoda uuden harjoituksen, yksittäinen matka, yksittäinen aika, matkaintervallit, aikaintervallit ja muuttuvat intervallit, myös määrittämättömän levon intervallit. (esim ampumahiihto)
- **Suosikit** näyttää 5 suosikkiharjoitusta USB-tikulta. (mikäli se on kytketty)

Pelit

Kalapeli, Tikka, Tarkkuusharjoitus, Kilpailu, Ampumahiihto

Muisti tai USB Logbook, (jos USB-tikku käytössä)

Mikäli USB-tikku ei ole käytössä, muisti listaa viimeisimmät harjoituksesi tyypin, päivän ja yhteenvedon perusteella. Vanhimmat poistetaan automattisesti.

USB Logbook, (ainoastaan formaatit FAT tai FAT32) tallentaa automaattisesti 1000 harjoitusta, 5 suosikkiasi ja muita valintojasi. Voit katsoa yhteenvedon, kuukauden saldon, listan päivittäin, listan tyypeittäin, USB-n ominaisuudet.

Lisää vaihtoehtoja

- **Näytä vastuskerroin**
- **Yhdistä syketoiminto**
- **Langaton päällä**
- **Tieto**
  - **Yleiskuva**
  - **PM5 yksityiskohdat:** Tietoa painikkeista, perustiedoista, graafisista näytöistä, harjoituksista ja USB-tikun sisällöstä.
  - **Kuinka Soutaa/Hiihtää?** Sisältää perusohjeen ja tekniikka-animaation.
  - **Vastuskerroin k**ertoo kuinka voit säätää vastuskerrointa.
  - **Muuta**: Pelit, Kilpailut, Paristot, Langattomat yhteydet, Heart Rate.
- **Ominaisuudet:** Aseta päivä ja aika, Aseta kieli, Säädä näyttöä, Paristot (% jäljellä), Tuotetunnus

Muita Tietoja

Sykemittarin käyttäminen:

⚠VAROITUS! Sykemittarin lukemat voivat olla epätarkkoja. Liiallinen ponnistus voi aiheuttaa vakavan vamman tai kuoleman. Jos sinua huimaa, lopeta harjoitus heti.

PM5 vastaanottaa ja näyttää sykkeen suoraan Bluetooth Smart, Suunto™, Garmin® tai ANT+™ HR chest belt. Lisätietoja asetuksista on kohdassa **Lisää vaihtoehtoja**.

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

PM-laitteen Puhdistaminen

Käytä puhdistamisessa vain vedellä kostutettua liinaa. Älä käytä puhdistusaineita äläkä jätä laitetta sateeseen.

Käytetyt Kaavat

Watti = 2,80/(s/metri)^3
Kaloria/tunti = Kcal/h = (wattia) x (4) x (0,8604) + 300

Vianmääritys

Lisätietoa netissä concept2.com/pm5.

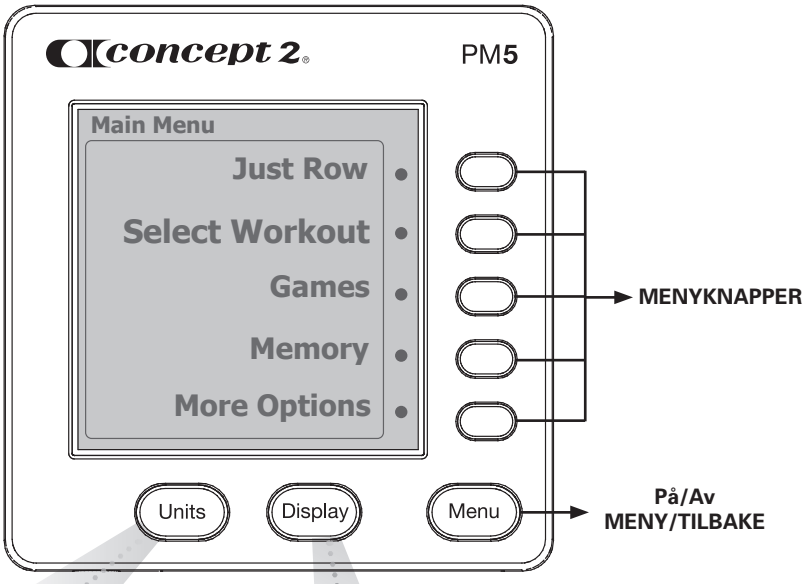
NO OVERSIKT OVER PERFORMANCE MONITOR(PM)

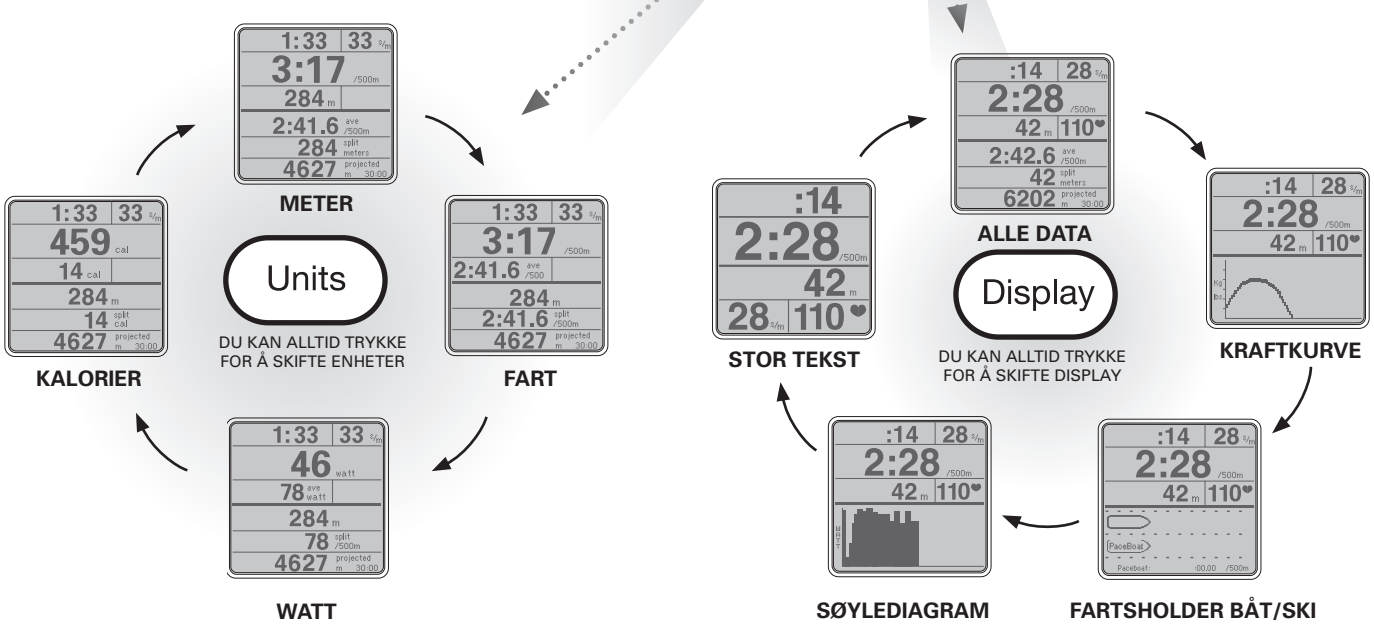
For Modell D, Modell E, Dynamic, og SkiErg.

Kom i gang:

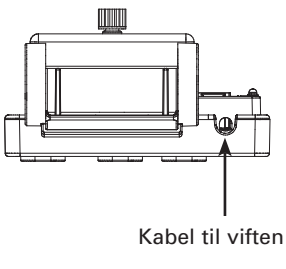
- PM5 slår seg på automatisk når du starter å ro eller stake, eller presser **MENU**.
- Resultatet av øktene lagres automatisk.
- Bruk MENU knappen for å få tilgang til alle menyvalg.
- Ytterligere informasjon er tilgjengelig fra Main Menu>More Options>Information.

For mer informasjon om bruken av PM5, se **concept2.com/PM5**

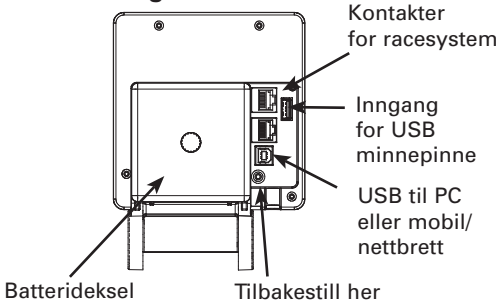


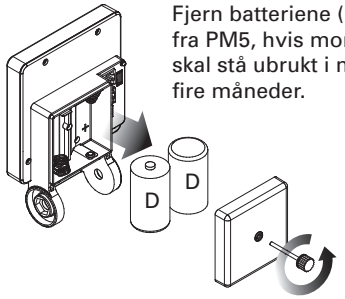


Se under PM



Bakre Visning av PM

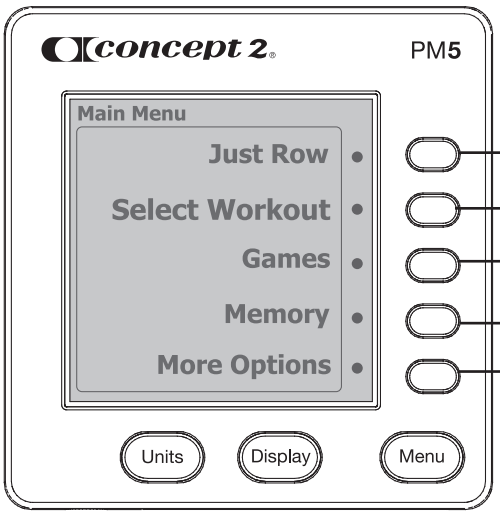




Fjern batteriene ('D'/LR20) fra PM5, hvis monitoren skal stå ubrukt i mer enn fire måneder.

PM5 menykart (Besøk **concept2.com/PM5** for mer informasjon)

NO



Just Row/Just Ski

Starter automatisk! Du trenger ikke presse noen knapper. Ditt første tak vil starte PM5. Ditt resultat vil automatisk lagres i minnet (**Memory**) hvis du ror lengre enn 1 minutt og så trykker **Menu**.

Select Workout

- **Standard List** har fem forhåndsinnstilte treningsprogrammer.
- **Custom List** har plass til fem programmer, som kan kopieres fra din USB minnepinne til Custom List.
- **ReRow/ReSki** laster inn en tidligere økt fra minnet.
- **New Workout** lar deg sette opp en økt etter eget ønske: enkelt distanse, enkelt tid, distanseintervall, tidsintervall, variable intervaller og udefinert pause intervaller.
- **Favorites** viser fem programmer pr. USB minnepinne. (Hvis USB minnepinne er i bruk)

Spill

Fish Game (Fiskespill), Darts (Dart), Target Training (Skyteskivetrening), Racing (Konkurranse), Biathlon (Skiskyting)

Memory ELLER USB Logbook (Hvis USB minnepinne er i bruk)

Hvis ikke USB minnepinne er i bruk, så lister **Memory** opp dine mest nylige økter etter type, dato og sammendrag; de eldste blir automatisk slettet.

USB Logbook (bare FAT eller FAT 32 format) lagrer omtrent 1000 økter, dine fem favorittøkter og preferanser. Du kan se sammendrag, totaler pr. måned, liste på dato, liste på type økt, USB Logbook muligheter.

More Options

- **Display Drag Factor (Vis dra-faktor)**
- **Connect Heart Rate (Tilkoble puls)**
- **Wireless On (Trådløs På)**
- **Information**
  - **Overview**
  - **PM5 Details:** Informasjon om knapper, grunnleggende data, grafisk display, økter, USB minnepinne.
  - **How to Row/Ski:** Inneholder en kort teknikkinnføring med animasjon.
  - **Drag Factor:** Forklarer hvordan man justerer dra-faktoren (viftebelastning).
  - **More:** Games (Spill), Racing (Konkurranse), Battery (Batteri), Wireless (Trådløst), Heart Rate.
- **Utilities:** Innstille dato og tid, innstille språk, justere display, batteri (% rest), produkt-ID.

Diverse

Bruk av pulsmåler:

⚠ ADVARSEL! Pulsmålere kan være unøyaktige. For mye trening kan resultere i alvorlig skade eller dødsfall. Om du føler deg svak, stopp treningen øyeblikkelig.

PM5 vil motta og vise pulsdata direkte fra Bluetooth Smart, Suunto™, Garmin® or ANT+™ HR pulsbelte. Se **Flere alternativer** for oppsett.

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

Rengjøring av PM

Bruk en klut lett fuktet med vann. Ikke spray med et rengjøringsmiddel eller la det ligge i regn.

Formler brukt

Watt = 2.80/(sek/meter)^3
Kalorier/Time = Kcal/t = (watt) x (4) x (0.8604) + 300

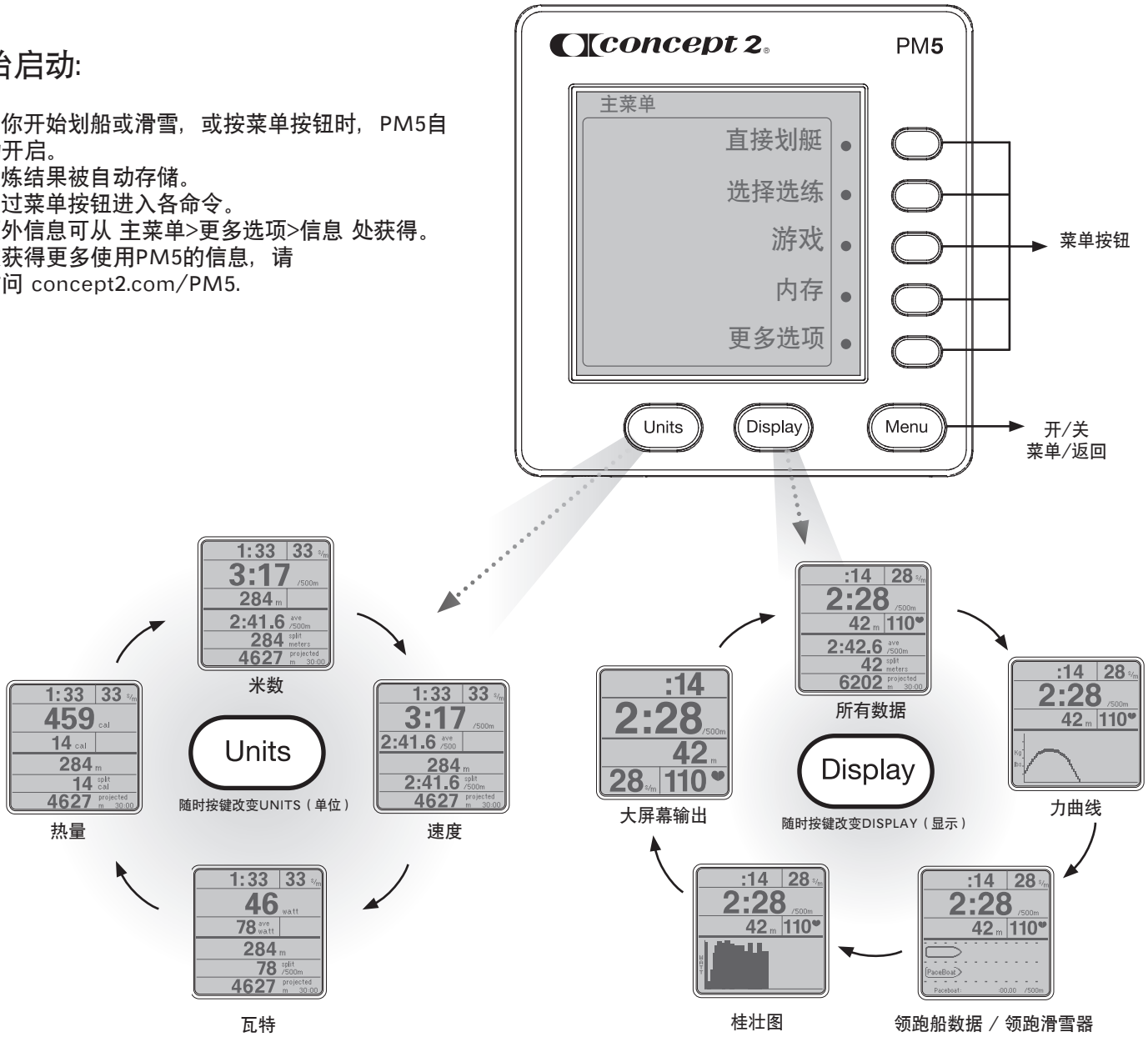
Feilsøking

Besøk concept2.com/pm5.

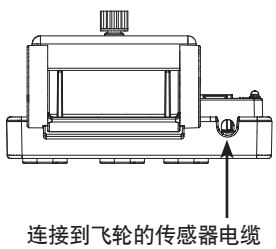
中 锻炼情况监视器（PM5）
D型，E型和动态室内划船器及SkiErg

开始启动:

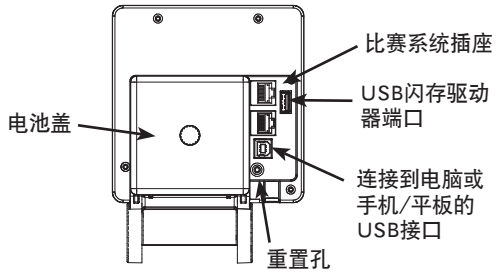
- 当你开始划船或滑雪，或按菜单按钮时，PM5自动开启。
- 锻炼结果被自动存储。
- 通过菜单按钮进入各命令。
- 额外信息可从 主菜单>更多选项>信息 处获得。欲获得更多使用PM5的信息，请访问 concept2.com/PM5.

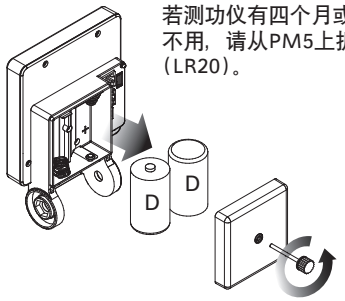


PM5的按钮视图



PM5的背视图

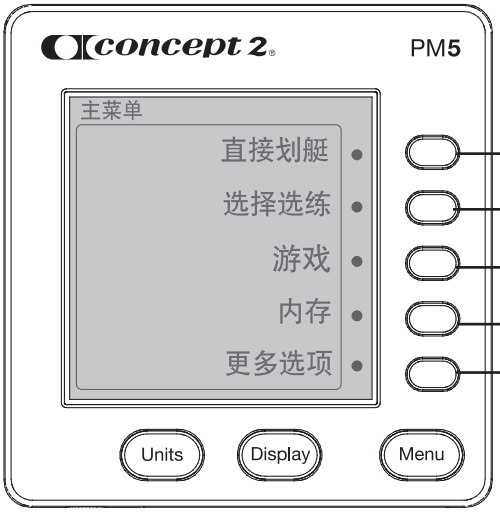




若测功仪有四个月或更长时期不用，请从PM5上拆下D型电池（LR20）。

PM5菜单地图（请访问concept2.com/PM5获取更多信息）

中



仅划船/仅滑雪

自动操作！无需按键。你的首次划动会启动PM5，如果划动时间超过1分钟，然后按“菜单”键，结果将会自动储存在“内存”中。

选择练习

- 标准清单提供给您5项预设置练习。
- 自定义清单可储存5项练习，可以把USB闪存盘复制到自定义清单里面。
- 重新划船/重新滑雪让您针对前一次的练习，来划船或滑雪进行对比。
- 新练习可按照您的格式选择进行一次新的练习设置：单程距离，单程时间，距离间隔，时间间隔，可变间隔和未定义的休息间隔。
- 收藏夹显示了USB闪存盘内的5项练习（如USB闪存盘正在使用中）

游戏

鱼类游戏，掷飞镖游戏，目标训练，速度比赛，冬季两项

内存或USB 日志（如USB闪存盘正在使用中）

如USB闪存盘没有使用，内存罗列出您最近的练习结果，有类型，日期和总结，最早期的数据将被自动删除。

USB 日志（仅FAT 或 FAT32 格式）存储了近1000项练习，您的5个收藏练习和优先项目。您可以浏览概要，每月总计，日期清单，类型清单，USB 日志 的工具。

更多选项

- 显示拉力系数
- 连接心率仪
- 无线状态打开
- 信息
  - 概要
  - PM5 细节: 关于按钮，基本数据，曲线图显示，练习和USB闪存盘的信息。
  - 如何划船/滑雪: 包括一个简短的有动画的技术教程。
  - 拉力系数: 解释了如何调节拉力系数。
  - 更多: 游戏, 竞赛, 电池, 无线, 蓝牙, Suunto/Garmin/ANT + HR.
- 工具: 设置日期和时间, 设置语言, 调节显示, 电池（余量百分率）, 产品 ID.

更多消息

使用心率监视器:

⚠ 警告！心跳监测系统的数据可能不准确。运动强度过大可能导致严重伤害或死亡。如您感觉头晕不适，请立即停止训练。

PM5将直接从蓝牙, Suunto™, Garmin® or ANT+™ HR胸带处，接收并显示心率数据。

SUUNTO ANT+ HR GARMIN

Bluetooth® SMART

清洁PM

使用只蘸了少许水的抹布。不要喷洒清洁剂或置于雨水中。

使用的公式

瓦=2.80/（秒/米）3
卡路里/小时 = 千卡/小时 =（瓦）x（4）x（0.8604）+ 300

问题诊断

请访问concept2.com/pm5

COMPLIANCE INFORMATION:

Part Name/部件名称	Toxic or Hazardous Substances and Elements/有毒有害物质和元素					
PM5 Assembly/ PM5 组件	Lead/铅 (Pb)	Mercury/汞 (Hg)	Cadmium/镉 (Cd)	Hexavalent Chromium/ 十六价铬 (Cr6)	Polybrominated Biphenyls/ 多溴联苯 (PBB)	Polybrominated Diphelnyl Ethers/ 多溴联苯醚 (PBDE)
Main PCA/主 PCA	O	O	O	O	O	O
LCD Display 液晶显示器	X	O	O	O	O	O
Keypad/键盘	O	O	O	O	O	O
Battery Contact Metalwork/电池触点金属片	O	O	O	O	O	O
Plastic Enclosure/ 塑料外壳	O	O	O	O	O	O
All Fasteners/ 所有紧固件	O	O	O	O	O	O

O: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this part is below the limit requirement in SJ/T11363-2006.
O 表示此部件的所有均质材料所含的这种有毒有害物质的量低于 SJ/T11363-2006 标准要求。

X: Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials used for this part is above the limit requirement in SJ/T11363-2006.
X 表示此部件中至少一种均质材料所含的这种有毒有害物质的量高于 SJ/T11363-2006 标准要求。

The cable assembly from the LCD display to the Main PCA is included in the Display PCA declaration.
连接 LCD 显示屏和主 PCA 的电缆组件含在显示屏 PCA 声明中。

Note: As shown above, this device contains small amounts of lead. This lead is only present in glass or ceramic (other than dielectric ceramic in capacitors, e.g. piezoelectronic devices), or in a glass or ceramic matrix compound, per EU directive 2011/65/EU (RoHS II) Annex III exemption 7(c)-I.

FCC ID: J2MPM5

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IC: 6620A-PM5
Industry Canada (IC) Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Industrie Canada (IC) Déclaration de conformité

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Patent application U.S. serial number 11/169712 and its corresponding applications in other countries are owned by Suunto Oy (Finland)

The Concept2 PM5 is compliant with all applicable European Union CE Marking Directives, including:

- 2004/108/EC – Electromagnetic Compatibility (EMC)
- 1999/5/EC – Radio Equipment & Telecommunications Terminal Equipment (RTTE)
- 2011/65/EU – Restriction of Hazardous Substances in Electrical & Electronic Equipment (RoHS II)